

To You alone, O Lord,
To You alone, and not to us,
Must glory be given
Because of your constant
Love and faithfulness.

Psalm 115:1

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Desserts



Butter Tarts

- 3 cups raisins
- 4½ cups brown sugar
- ¾ cup melted butter
- ¾ cup corn syrup
- 6 eggs beaten
- 6 tsp. vanilla
- 2 cups walnuts
- 2 cups coconut

Melt brown sugar, butter and corn syrup together. Bake at 375°F to 400°F for 10 to 15 minutes until pastry is done.

Gloria Olson

Orange Angel Food Supreme

- 1 pint whipping cream
- 8 oz. miniature marshmallows

Let mixture stand overnight. Stir mixture well so marshmallows are coated good with the whipping cream. In morning whip till mixture stands in firm peaks, divide in half.

- (1) Cut cake one quarter way down.
- (2) Hollow out cake, like ditch shape but not to bottom of cake.
- (3) Stuff with whipping cream mixture, adding three quarter of oranges.
- (4) Put top of cake back on.
- (5) Ice with remaining whip cream mixture.
- (6) Decorate with remaining oranges. You need one angel food cake and one can of mandarin oranges.

Gloria Olson

Mocha Mallow Pie

- 3 cups miniature marshmallows
- ¼ cup water
- 2 tbs. instant coffee
- ½ pint whipping cream
- 1 - 9" chocolate pie crust

Chocolate Crust:

- ½ pkg. Christies chocolate wafers
- ¼ cup melted butter

Mix together. Bake at 350°F for a few minutes.

Filling:

Melt two cups miniature marshmallows with water and coffee powder in double boiler, stir until smooth. Chill until slightly thickened. Mix until well blended. Fold in whipped cream and remaining marshmallows, pour into crust. Chill until firm. Garnish with chocolate curls.

Gloria Olson

Chocolate Cherry Bundt Cake

- 1 reg. chocolate cake mix, dry
- 1 can cherry pie filling
- 3 eggs
- 1 tsp. almond flavoring

Mix by hand. Bake at 350° for 30-35 minutes in a greased bundt pan. Ice while still warm.

Icing:

- 1 cup icing sugar
- ⅓ cup milk
- 5 tbs. butter

Boil one minute, add one cup chocolate chips and beat until chips melted.

Erna Wichert

Raspberry Coconut Squares

- 2 cups flour
- 1 tsp. baking powder
- 1 tbsp. milk
- ½ cup margarine
- 1 egg, beaten
- Pinch salt
- 1 cup white sugar
- Melted butter (size of an egg)
- 2 cups coconut
- 1 egg, beaten
- 1 tsp. vanilla
- Raspberry or other jam

Mix first six ingredients together like pie dough. Roll to pan size of 9x12 inches. Spread jam over dough layer in pan. Mix sugar, melted butter, coconut, egg and vanilla together and spread over jam. Bake in moderate oven (350°F) for 25 minutes. Cut into squares.

Carol Maruk

Peaches and Cream Pie

- ¾ cup flour
- 1 tsp. baking powder
- ½ tsp. salt
- ¾ oz. vanilla pudding (not instant)
- 1 egg
- ½ cup milk
- 1 - 15-20 oz. can peaches
- 8 oz. cream cheese, softened
- ½ cup sugar
- 3 tbsp. juice of fruit

Combine flour, baking powder, salt, pudding, egg and milk and beat together. Pour into nine inch or ten inch greased pie plate. Drain peaches and put on crust. Beat cheese, sugar and juice from fruit and spoon to within 1 inch of edge of batter. Bake at 350°F for 30 minutes or until golden.

Barbara Krentz

Pineapple Cake

- 2 cups graham crumbs
- 1 cup butter
- 1½ cups icing sugar
- 2 eggs
- ½ pint whipping cream
- 1 tin crushed pineapple

Mix graham crumbs with ½ cup butter and bake in oven at 250°F and cool. Mix ½ cup butter with icing sugar and beaten eggs. Spread on top of crumbs when cool. Whip up the whipping cream and then put in well drained crushed pineapple. Spread on top and put in fridge and chill several hours.

Kathleen Dorland

Harvey Wallbanger Cake

- 1 yellow cake mix
- 1 vanilla instant pudding
- 4 eggs
- ¾ cup oil
- ¾ cup orange
- ¼ cup vodka
- ¼ cup Galiano

Mix together four minutes with mixer. Pour into greased and floured bundt pan. Bake at 350°F for 45-50 minutes. Cool in pan for 15 minutes. Dust with icing sugar or glaze with orange sauce.

Nancy Caldwell

Sour Cream Coffee Cake

- 1 cup dairy sour cream
- 1 tsp. baking soda
- ½ cup soft butter
- 1 cup granulated sugar
- 2 eggs, well beaten
- 1 tsp. vanilla
- 1¼ cups sifted flour
- 2 tsp. baking powder
- Pinch salt

Topping:

- ¼ cup brown sugar mixed with
- 1 tsp. cinnamon

Grease and flour pan. Turn oven to 350°F. Combine sour cream and soda. Let stand. Blend butter and sugar thoroughly. Add eggs and vanilla. Beat well. Alternately add sifted dry ingredients and sour cream. Spread half batter in pan. Sprinkle with half topping mixture, cover with remaining mixture. Sprinkle with remainder of topping. Bake about 30 minutes, check at 25 minutes.

Wendy Maes

Angel Food Cake

- 1 pint whipping cream
- 8 oz. of miniature marshmallows
- 1 can mandarin oranges or strawberries, etc.
- 1 Angel Food cake mix (Robin Hood, Duncan Hines, etc.)

Stir and coat marshmallows well with whipping cream, put in tupperware bowl and let stand in fridge overnight. In morning mix until mixture stands in firm peaks. Divide into half. Cut angel cake a quarter way down from the top. Hollow cake out left on plate but not all the way to

bottom and stuff with whipped cream mixture to which you have added either mandarin oranges or strawberries, raspberries, etc. Put top of cake back on. Ice with the remaining half of your whipped cream mixture. Keep a few orange pieces or strawberries, etc. to decorate the top of your cake. Use Robin Hood, Duncan Hines, etc. (Angel Food Cake) mix.

Teri Martin

Carrot Cake and Cream Cheese Frosting

- 2 cups flour
- 2 tsp. baking powder
- 1½ tsp. soda
- ½ tsp. salt
- 2 tsp. cinnamon
- ½ cup chopped nuts
- 2 cups sugar
- 1½ cups salad oil
- 4 eggs
- 2 cups shredded carrots
- 1 tin crushed pineapple

Mix together flour, baking powder, soda, salt and cinnamon. Add sugar, oil and eggs. Mix well, add carrots, drained pineapple and nuts. Put into a greased 9½x13 inch pan and bake at 350°F for 40 minutes.

Cream Cheese Frosting:

- ½ cup butter
- 8 oz. cream cheese
- 1 tsp. vanilla
- 1 lb. icing sugar

Using mixer cream butter, cream cheese and vanilla. Beat in 1 lb. icing sugar. If too thick add milk. Frost your cake and then refrigerate. (Freezes well.)

Kathleen Dorland

Marzipan Squares

First layer:

- 1 cup flour
- 1 tbsp. butter
- 1/3 cup shortening
- 1/2 tsp. salt
- 1 1/2 tbsp. cold water

Mix flour, butter, shortening and salt. Drizzle cold water over crumbs and mix. Press into a 9" greased (lightly) cake pan.

Second layer:

Spread over first layer.

- 1/3 cup raspberry or strawberry jam

Third layer:

- 1/2 cup margarine
- 2 eggs
- 2/3 cup rice flour
- 1 cup icing sugar
- 1 tsp. almond extract

Note: Be sure to use rice flour. It's this ingredient which gives the squares their marzipan flavor and texture. Spread this batter evenly over jam. Bake at 350°F for 30 minutes. Cool completely in pan.

Fourth layer:

Cream:

- 1/4 cup butter or margarine

Add:

- 1 cup icing sugar
- 1/4 tsp. almond extract
- 1/2 tsp. vanilla
- 1 1/2 tsp. cream
- Red food coloring (optional)

Spread evenly over cooled cake in pan. This cake is a nice dainty.

Charlene Mitchler

Lemon Dessert

- 3 cups graham crackers
- 2 tbsp. icing sugar
- 3/4 cup melted margarine

Mix and press into 9x13 pan. (Save a bit for the topping.)

Filling:

- 6 oz. lemon jello powder
- 1 cup boiling water
- 7 ice cubes
- 14 oz. can crushed pineapple
- 1 litre Cool Whip

Dissolve jello powder in boiling water. Add ice cubes, stir until cubes dissolve into pea size, then remove until filling turns into a syrup. Fold in crushed pineapple with juice and 1 litre Cool Whip which has been taken out of freezer 2 hours prior. Pour this filling over the base and cool in fridge for a day or two.

Barbara Krentz

Fudge (that turns out!)

- 3/4 cup Carnation evaporated milk
- 3 cups packed brown sugar

Boil above for five minutes.

Add:

- 1 tsp. vanilla
- 2 tbsp. margarine
- 1/2-1 cup chopped walnuts

Remove from heat and beat by hand for a few minutes until it starts to thicken. Pour into a greased pan and refrigerate.

Margaret Richardson

Cookie Sheet Dream Cake

1 cup butter (or ½ cup butter,
½ cup shortening)
4 tbsp. brown sugar
2¾ cups flour (scant)

Topping:

5 egg whites
3 cups brown sugar
3 tbsp. flour
½ tsp. salt
2 cups fine coconut
2 cups chopped walnuts or less
2 tsp. vanilla

Cream butter and brown sugar, add flour. Mix, press into lightly greased cookie sheet, 12x18 inches. Bake 10 to 15 minutes at 350°F till delicate brown. Beat egg whites very stiff. Add remaining ingredients and mix. Spread this on your base and bake till golden brown or until done.

Charlene Mitchler

Magic Finger Jello

2 envelopes unflavored gelatin
1 - 6 oz. pkg. Jello
2½ cups water

Dissolve gelatin in one cup cold water. Set aside. In pot bring 1 cup water to boil and add jello. Bring to boil and remove from heat. Add gelatin. Stir and add ½ cup cold water. Pour into lightly greased pan and set in fridge until solid. Cut into squares.

Barbara Krentz

Sex in a Pan

1 cup chopped pecans (almonds or walnuts)

Spread evenly in 9x13 pan.

1 cup flour
½ cup butter

Mix and press into pan and bake at 350°F for 25 minutes. Cool.

Cream:

8 oz. Philadelphia cream cheese
with ¾ cup icing sugar.

Put on cooled base.

Add:

½ large container of Cool Whip

Mix:

2 (4 oz.) instant chocolate pudding
with 3 cups milk

When thickened, add onto Cool Whip and then add second half of Cool Whip. Put shaved chocolate or finely chopped nuts on top.

Charlene Mitchler

Jeannes Icing

(Double for layer cake)

½ cup margarine
½ cup icing sugar

Cream together.

Boil:

½ cup milk
2¼ tbsp. flour

Cool. Stir these together and add 1 tsp. vanilla.

Deanna Croatto

Swedish Kringle

- 1 cup flour
- ½ cup butter
- 1 tbsp. water

Mix like pie crust. Pat out on cookie sheet in two strips three inches wide.

- 1 cup water
- ½ cup butter (margarine)
- 1 cup flour
- 3 eggs
- ½ tsp. almond extract

Bring butter and water to boiling point. Add flour, beating with fork. Add eggs one at a time, beating well after each one. Add extract and spread on first layer. Bake 60 minutes at 350°F. Frost with 1 cup powdered sugar, 1 tablespoon butter, ½ teaspoon extract. Add enough milk to spread. Decorate with nuts. Best to use the day prepared.

Nancy Caldwell

Scripture Cake

- ¾ cups 1 Kings 4:22 (flour)
- ½ tsp. Leviticus 2:13 (salt)
- 2 tsp. 1 Corinthians 5:6 (baking powder)
- Pinch 1 Kings 10:2 (spices)
- 1 cup Judges 5:25 (butter)
- 2 cups Jeremiah 6:20 (sugar)
- 6 Isaiah 10:14 (eggs)
- 1 cup Genesis 24:25 (water)
- 1 large spoon Exodus 16:34 (honey)
- 2 cups 1 Samuel 31:12 (raisins)
- 2 cups 1 Samuel 31:12 (dried figs)
- 1 cup Genesis 43:11 (almonds)

Ancient recipe states to follow

Solomon's advice for making good boys as in Proverbs 23:14 (beat). Cream butter, sugar and eggs until light and fluffy. Sift dry ingredients. Add alternately with water. Stir in honey. Fold in chopped fruit and nuts. Pour into well greased and floured bundt pan. Bake at 350°F for one hour and 10 minutes or till done. Cool in pan 10 minutes. Turn out of pan onto cake rack to cool completely.

Jean Hunter

Cream Puffs

Preheat oven to 375°F. Grease a baking sheet.

Combine in a saucepan:

- ½ cup butter

- 1 cup water

Bring to a boil.

All at once beat in:

- 1 cup flour

- ¼ tsp. salt

Continue cooking, and beating vigorously until mixture leaves sides of pan. Remove from heat and cool slightly. Then add four eggs, one at a time. Beat vigorously until smooth and glossy after adding each egg. Chill. Drop batter from a spoon two inches apart onto greased baking sheet mounding each and swirling top.

Bake for 30 to 40 minutes (45 to 50 for large puffs or 25 to 30 for small puffs) or until light and golden. Slit sides, turn off oven and let dry in oven. Cool. Fill with sweetened whipped cream or a cream filling. Dust with icing sugar. Serve cold. Makes 12 large, 18 medium or three dozen small puffs.

Cheryl Gillett

Lemon Coffee Cake

(Chatelaine first prize winner 1968)

- 2 tbsp. vinegar
- 1 tsp. soda
- 1 cup fine sugar
- 1 tsp. grated lemon rind
- 2 tsp. baking powder
- 1 tbsp. lemon juice
- Evaporated milk
- ½ cup soft butter
- 2 eggs, well beaten
- 1¾ cup unsifted pastry or cake flour
- ½ cup lightly packed brown sugar
- 1¾ cup sifted icing sugar

Pour vinegar into a cup and fill with evaporated milk. Pour into a bowl and stir in the soda. Cream butter and sugar together, then add eggs and lemon rind. Sift flour and baking powder together and add alternately with the milk mixture. Beat well. Mix brown sugar and cinnamon mixture. Add remaining batter and sprinkle with remaining crumbs. Bake at 350°F for 45 minutes and cook five minutes and remove from pan. Spoon a thin glaze of the lemon juice and icing sugar over the ring and garnish with nuts, cherries and bits of lemon peel. Best served warm. May be accompanied with a bowl of vanilla flavored sweetened whipped cream.

Norma Meneer

Pistachio Whip

- 1 litre Cool Whip
- 500 gm. creamed cottage cheese
- 1 (4 oz.) pkg. instant pistachio pudding (dry)
- 1 (14 oz.) tin crushed pineapple (drained)

Blend all together and put in fridge.

Marlene Herman

Rhubarb Coffee Cake

Cake:

- ½ cup butter or margarine
- 1½ cup sugar
- 1 egg
- 1 cup buttermilk
- 1 tsp. baking soda
- 1 tsp. vanilla
- ½ tsp. salt
- 2½ cups all purpose flour
- 3 cups sliced rhubarb (fresh or frozen)
- 1 cup light brown sugar
- ½ cup chopped walnuts

Topping:

- ½ cup butter or margarine
- 1 cup sugar
- ½ cup light cream or evaporated milk
- 1 tsp. vanilla

Cake:

Preheat oven to 350°F. Grease a 13''x9'' pan. In medium bowl, mix butter or margarine, sugar, egg, buttermilk, soda, vanilla, salt, flour, and rhubarb and pour into greased pan. Sprinkle brown sugar and nuts over the top. Bake for 45 minutes or until toothpick inserted in the centre comes out clean.

Topping:

Meanwhile in small saucepan, heat topping ingredients, stirring occasionally until sugar is dissolved. When coffee cake is done remove from oven to wire rack. Spread topping on warm cake.

Marj. Robson

Red Velvet Cake

- ½ cup shortening
- 2 eggs
- ¼ cup red food coloring
- 2½ cups cake flour
- 1 tsp. vanilla
- 1 tbsp. vinegar
- 1½ cups white sugar
- 2 tbsp. cocoa
- 1 tsp. salt
- 1 cup buttermilk
- 1 tsp. baking soda

Cream shortening thoroughly. Add sugar gradually and cream until light and fluffy. Add eggs, one at a time and beat after each addition. Make a paste of the cocoa, red food coloring and salt. Add to shortening mixture. Sift cake flour. Mix vanilla with buttermilk. Fold into buttermilk the 1 teaspoon soda dissolved in vinegar. Add flour alternately with buttermilk mixture starting and finishing with the flour. Mix until batter is smooth. Pour into two well greased and floured nine inch layer pans or 13x9x2 inch pan. Bake 350°F for 35 to 40 minutes or until done.

Frosting:

- 5 tbsp. flour
- 1 cup butter or margarine
- 1 tsp. vanilla
- 1 cup milk
- 1 cup icing sugar

Make a paste of flour and part of milk. Add remainder of milk gradually and mix until smooth. Cook over medium heat until thick. Take from stove and leave until *very cool*. This is important. Cream butter with icing sugar and add vanilla. Mix until smooth. Add to the cooled

flour mixture 1 teaspoon at a time and continue to beat until fluffy. This is ample frosting.

Beatrice Larson

Trifle

- 1 medium day old angel, chiffon or white cake, ladyfingers or jelly roll
- 2 large vanilla puddings
- ¼ cup Tia Maria liqueur (optional)
- 2 large tins fruit cocktail, drained (refrigerate for at least 12 hours)
- 1 pt. whipping cream
- 2 tins mandarin oranges (drain and refrigerate same as fruit cocktail)
- 1 pkg. frozen strawberries (well drained)
- 2 sliced bananas

Make puddings according to package directions, reducing the liquid to make five cups. Let set. Gently blend in Tia Maria liqueur. Put the trifle together two to three hours before serving. Line a punch bowl or large brandy snifter with cake slices. Add layer of pudding, a layer of mixed fruits - half way add a layer of cake. Repeat the pudding and fruit alternately. Stiffly whip one pint of whipping cream. Add to top of the pudding and fruit mixture. Garnish with chocolate flakes and sliced maraschino cherries. You may also decorate with nuts, coconut or fruits of your choice.

Note: I use whatever fruits I have available in the house: home canned to frozen. You may have special kinds you enjoy. Use your imagination.

Nancy Caldwell

Strawberry Pie

Crust:

- 1 cup flour
- 2 tbsp. icing sugar
- ½ cup margarine

Mix together and press into a buttered pie plate. Prick with a fork. Bake at 400° for 8-10 minutes until lightly browned.

Filling:

- 1 - 4 oz. pkg. cream cheese
- ½ cup icing sugar
- ½ tsp. vanilla
- 1 cup whipping cream

Beat everything except the cream. Whip the cream and add it to the cream cheese mixture. Pour into a cooled shell. Top with sliced fresh strawberries and pour strawberry glaze on the top. The strawberry glaze is sold in the jar (½ jar) or else by the package.

Margaret Richardson

Fruit Pizza

Crust:

- ½ cup margarine
- 4 ounces cream cheese
- 1 cup flour

Stir together. Press onto a pizza pan. Prick with a fork. Bake at 350°F for 8 to 10 minutes until golden. Cool.

Filling:

- 4 ounces cream cheese
- 1 tbsp. sugar
- Milk to thin

Beat together. Spread on crust.

Topping:

An assortment of fruit, fresh or canned. Examples include grapes, kiwi, strawberries, banana, pineapple

Arrange on top of filling.

Glaze:

- ¾ cup sugar
- 2 tbsp. cornstarch
- Pinch of salt
- 1 cup orange or pineapple juice
- ¼ cup lemon juice
- Lemon or orange rind

Mix sugar, cornstarch and salt together in a small saucepan. Stir in juices. Bring to a boil, stirring until thickened. Boil one minute. Stir in grated orange or lemon rind. Cool a few minutes and spoon over fruit. Refrigerate. May be served with whipped cream.

Sharon Balasko

Chocolate Brownies

(Made in a bowl)

- 2 cups brown sugar
- 1 cup margarine
- 1 cup unsifted flour
- 1 cup chopped nuts
- ½ cup cocoa
- 4 large eggs
- 2 tsp. vanilla

Measure all ingredients into a large mixing bowl. Beat at medium speed until smooth. Spread evenly into a buttered 9x13 inch pan. Bake at 350°F for 35-40 minutes. Ice with chocolate icing.

Agnes Garipey

Chocolate Squares

- ¾ cup honey
- 1 cup peanut butter
- 1 tsp. vanilla
- 3 cups Rice Krispies
- 1 cup chocolate chips
- 1 cup peanuts, chopped (optional)

Combine honey and peanut butter, heat to boiling point. Remove from heat, add vanilla, Rice Krispies, chocolate chips and peanuts. Stir until it's well mixed. Set in 9x9 inch greased pan. Cool for one hour. Cut into squares.

Malta R. Mueller

Rainbow Slice

- 1¼ cups flour
- ½ cup butter
- 2 tbsp. icing sugar
- Pinch of salt
- 1 cup crushed pineapple
- 1 tsp. vanilla
- 2 tbsp. flour
- 1 small bottle maraschino cherries
- ¼ tsp. salt
- 2 egg whites
- ½ cup white sugar
- ½ cup coconut

Mix first four ingredients and pat into a 9x9 inch pan. Bake at 325°F until slightly brown. Mix pineapple, flour and juice from cherries. Put over heat and cook slowly until thickened. Remove from heat and add salt, sliced cherries and vanilla. Cool and spread on shortbread base. Beat egg whites until stiff, gradually add sugar and beat until firm. Spread over filling and sprinkle coconut on top. Bake at 350°F until golden.

V. Schattner

Strawberry Tart

- 6 eggs
- 2 tbsp. grated lemon peel
- ⅓ cup lemon juice
- 1 cup sugar
- ¼ cup butter
- 6 baked 4" pastry shells,
or 2 baked pie shells
- 2 pints strawberries, washed,
stemmed and halved
- ¼ cup melted strawberry jelly

In a saucepan, whisk eggs until blended. Stir in lemon peel, lemon juice, sugar and butter. Cook and stir over medium heat until mixture thickens, 6-8 minutes. Cool. Pour into prepared pastry shells. Chill. Arrange strawberry halves over filling. Brush with melted jelly.

Jean Hunter

Pistachio Dessert

Crust:

- 1 cup flour
- ½ cup margarine
- 2 tbsp. sugar

Mix and press into 9x13 inch pan. Bake 15 minutes at 350°F.

Filling:

- 1 - 8 oz. (large) cream cheese
- ⅔ cup sugar
- 2 - 3¼ oz. pkg. pistachio pudding
- 1 large Cool Whip
- 2½ cups milk

Combine cheese, sugar and half tub of Cool Whip. Spread over crust. Mix pie filling and milk, spread over cream cheese filling. Top with Cool Whip.

Marlene Suderman

Cherry Slice

- 1 cup margarine
- 1½ cups sugar
- 4 eggs
- 2 cups flour
- 1 tbsp. lemon juice

Cream together margarine and sugar. Add eggs one at a time and beat each one well. Lower beater speed and add flour gradually. Add lemon juice. Spread mixture on Pam sprayed cookie sheet. Section with a knife and cut into pieces. Put a glob of cherry pie filling on each square. Bake at 350°F for 15 to 20 minutes.

Joan Berg

Chocolate Mousse

- 4 squares (4 oz.) semi-sweet baking chocolate, cut up
- 3 tbsp. water
- ¼ cup soft sweet (unsalted) butter
- 4 egg yolks
- 2 tbsp. brandy
- 1 tsp. vanilla
- 4 egg whites
- ¼ cup sugar
- Sweetened whipped cream

Combine chocolate and water in top of double boiler. Set over simmering water and cook, stirring, until mixture is smooth. Add butter a small piece at a time, beating well with wooden spoon or wire whip after each addition. Add egg yolks and cook, beating constantly with egg beater, about three minutes or until thick and smooth. Remove from over hot water. Stir in brandy and vanilla. Cool. Beat egg whites until foamy.

Continue beating, adding sugar 1 tablespoon at a time, until stiff and glossy. Fold into chocolate mixture with a rubber scraper. Spoon into sherbet glasses. Chill several hours. Pipe whipped cream on top and serve. Serves six.

Lynne Koshyk

Carrot Cake

- 3 eggs
- 2 cups white sugar
- 1½ cups Crisco oil
- 2 tsp. vanilla
- 2 cups flour
- 1 tsp. cinnamon
- 2 tsp. baking soda
- 2 tsp. salt
- 2 cups coconut
- 2 cups grated carrots
- 1 cup crushed pineapple and juice
- 1 cup chopped walnuts

Beat three eggs well, add two cups white sugar, add 1½ cups Crisco oil, two teaspoons vanilla. Sift two cups flour, one teaspoon cinnamon, two teaspoons baking soda and 2 teaspoons salt. Combine flour mixture with egg mixture. Add and mix two cups coconut, two cups grated carrots, one cup crushed pineapple and juice and one cup chopped walnuts. Bake in large (9x13) or two smaller (8x10) pans for 50 minutes at 350°F.

Icing:

- 6 tbsp. butter
- 8 oz. pkg. cream cheese
- 2 cups icing sugar
- 1 tsp. vanilla

Darlene Wittenberg

Brownies

- ½ lb. butter
- 2 cups sugar
- 5 tbsp. cocoa
- 4 eggs, beaten
- 1 cup flour
- 1 cup chopped walnuts

Combine all ingredients. Bake in 9x13 inch pan at 325°F for 25 to 30 minutes.

Pat Jacksteit

Cherry Dessert

Crust:

- 2½ cups graham wafer crumbs
- ⅓ cup granulated white sugar
- ½ cup margarine

Mix graham wafer crumbs with sugar. Cut in the margarine. Keep one cup for topping. Press remaining crumbs into 9x13 inch pan or springform pan. Bake at 325°F for 10 minutes.

Filling:

- 2 cups whipping cream
- 3 tbsp. icing sugar
- 1 tsp. vanilla
- 1 pkg. miniature marshmallows
- 1 tin cherry pie filling

Whip cream. Add icing sugar and vanilla. Soak marshmallows in this mixture for half an hour. Spread half over crust. Spread cherry pie filling. Then spread the balance of the whipping cream mixture. Sprinkle with the reserved crumbs on top. Refrigerate.

Sharon Balasko

Frosting for Angel Food Cake

- 1 large pkg. instant pudding (any flavour)
- 1 pkg. Dream Whip
- 2 cups milk

Beat and spread on cake.

I. Friesen

Deep Dark Chocolate Cake

- 1 pkg. Devil's Food cake
- 4 eggs
- 1 cup sour cream
- ¾ cup water
- ¼ cup vegetable oil
- 1 pkg. (3 oz.) chocolate instant pudding
- 1 pkg. (6 oz.) chocolate chips

Kahlua Cream

- 1 pt. whipping cream
- 1 tbsp. instant coffee
- ¼ cup Kahlua

Preheat oven to 350°F. Place all ingredients (except chips) in a bowl. Mix thoroughly. Add chocolate chips and turn into well greased bundt pan. Bake for 50 minutes to 1 hour. Let cool 20 minutes and turn out of pan. When nearly cool cover with foil. Serve with Kahlua Cream. To prepare cream, whip Kahlua and cream in a chilled bowl. Gradually add black coffee and whip until stiff.

Caroline Mann

Caramel Squares

(9x9 pan)

Caramel or butterscotch Chipits

(2x6 oz.)

½ cup butter

1 cup peanut butter

1 pkg. miniature marshmallows

1 cup chopped nuts (optional)

1 cup coconut

Melt butter and Chipits. Stir in peanut butter. Remove from stove. Stir in marshmallows, coconut and nuts. Mix. Put into a greased 9x9 inch pan, refrigerate. Cut in squares.

Variation: Use chocolate chips.

Malta R. Mueller

7-Layer Rainbow Jello

Layers:

1. **Black Cherry**
2. **Cherry**
3. **Lime**
4. **Lemon**
5. **Orange**
6. **Orange-Pineapple**
7. **Strawberry**

Dissolve layers 1, 3, 5 and 7 in $\frac{3}{4}$ cup hot water. Add $\frac{3}{4}$ cup cold water. Dissolve layers 2, 4 and 6 in $\frac{1}{2}$ cup hot water. Add $\frac{1}{2}$ cup cold water and $\frac{1}{3}$ can sweetened condensed milk. Layer jello in a 9x13 inch pan, preferably glass. Allow each layer to set before adding the next layer. Serve cut in squares, plain or with a dollop of whipped cream.

Karen Lamb

Kahlua Cake

Kahlua

Milk

2 pkg. chocolate chip cookies

4 small whipping cream

The day before:

Mix Kahlua and milk any strength you want. Dip cookies one at a time and place first layer in springform pan (removable sides). Spread thin layer of whipping cream on cookies and alternate layers until the pan is full. On top leave a layer of cookies.

Day of serving:

About two to three hours before serving remove the sides from the pan. Use the other two cartons of whipping cream, whipping it. Cover sides and top of cake. Place shaved chocolate or chocolate mints on top.

Joan Berg

Chocolate Cake

½ cup shortening

1½ cups white sugar

Mix shortening and sugar together.

Add:

2 beaten eggs

Mix in separate bowl dry ingredients as follows:

2 cups flour

2 tsp. baking powder

1 tsp. baking soda

5 tbsp. cocoa

½ tsp. vanilla

½ cup sour cream

Mix dry ingredients with creamed mixture. Mix cocoa with one cup boiling water. Bake in 8x12 inch pan for 30 to 35 minutes in a 325°F oven.

Alma Olson

Frosty Strawberry Squares

- 1 cup flour
- ¼ cup brown sugar
- ½ cup melted butter
- ½ cup chopped walnuts
- 2 egg whites
- 1 cup sugar
- 2 cups sliced strawberries
- 2 tbsp. lemon juice
- 1 cup whipping cream, whipped

Stir together flour, brown sugar, butter and walnuts. Spread evenly in shallow baking pan. Bake at 350°F for 20 minutes, stirring occasionally. Sprinkle ⅔ of the crumbs in a 13x9x2 inch baking pan. Combine egg whites, sugar, berries and lemon juice in large bowl. With electric beater beat at high speed to stiff peaks, about 10 minutes. Fold in whipped cream. Spoon over crumbs, top with remaining crumbs. Freeze 6 hours or overnight. Cut in 10 or 12 squares. Trim with whole strawberries.

Optional: Use one 10 oz. package frozen berries, partially thawed, reduce granulated sugar to ⅔ cup.

Eleanor Judt

Raspberry Swirl

- 2 cups wafer crumbs
- ⅓ cup melted butter
- 3 eggs, separated
- 1 - 8 oz. cream cheese
- 1 cup white sugar
- ⅛ tsp. salt
- 1 cup whipping cream
- 1 - 10 oz. pkg. frozen raspberries

Mix crumbs and melted butter. Press

into 8x8 inch or 7x11 inch pan. Beat yolks till thick. Add cream cheese, sugar and salt, beat till smooth. Beat whites stiff, whip cream until stiff and fold with whites into cheese mixture. Crush berries to a pulp. Gently swirl half of berries through filling and then pour over crust. Spread. Spoon remainder of berries over top. Swirl with a knife. Freeze. Remove from freezer 15-20 minutes before serving.

Pat Taylor

Hazelnut Torte

Cake:

- 4 eggs
- ¾ cup sugar
- 2 tbsp. flour
- 2½ tsp. baking powder
- 1 cup hazelnuts

In blender, whirl eggs and sugar. Add flour and baking powder. Whirl again. With blender running, gradually add hazelnuts. Spread batter in 2 - 8" round layer pans. Bake at 350° for 20 minutes.

Mocha Filling:

- 2 tbsp. soft butter
- 1 cup icing sugar
- 1 tsp. cocoa
- ½ tsp. vanilla
- 1 tsp. instant coffee powder
- 2 tbsp. hot water

Beat all ingredients together until fluffy.

Spread Mocha filling between cooled cake layers. Ice top of cake with whipped cream. Decorate with chopped hazelnuts.

Karen Lamb

Apple Bars

- 1¾ cups rolled oats
- 1 cup brown sugar
- 1½ cups flour
- ¼ tsp. baking soda
- ¾ cup butter or margarine

Mix all ingredients together in order. Pat half of mixture into bottom of 8x8 or 9x9 inch greased pan. Make filling and top with remaining mixture.

Filling:

- 2½ cups unpeeled apples, sliced and cored
- 2 tbsp. butter
- ½ cup sugar
- ¾ tsp. cinnamon

Mix all ingredients thoroughly, spread on top of first layer, then top with remaining crumb mixture. Bake at 375°F for 40-45 minutes.

Sandra Fritz

Apple Cake

- 1 cup oil
- 2 cups white sugar
- 4 eggs
- 1 tsp. vanilla
- 3 cups flour
- 3 tsp. baking powder
- ¼ tsp. salt
- ¼ cup orange or pineapple juice

Filling:

- 5 tart apples, cut finely
- 2 tbsp. white sugar
- 2 tbsp. cinnamon

Grease and lightly flour bundt pan. Beat together oil, sugar, eggs and vanilla. Combine flour, baking powder, salt. Add flour mixture to creamed mixture with ¼ cup juice. Prepare filling. Pour ⅓ of batter into pan, then ½ apple filling, then ⅓ batter and ½ filling, ending with last

⅓ of batter.

Bake at 325°F to 350°F for 1 hour 20 minutes.

Note: This cake can also be made with other fruit such as pears or plums.

Karen Mann

Bavarian Apple Torte

Bottom:

- ½ cup margarine or butter
- ½ cup white sugar
- ¼ tsp. vanilla
- 1 cup flour

Middle:

- 1 - 8 oz. cream cheese
- ¼ cup white sugar
- 1 egg
- ½ tsp. vanilla

Top:

- ⅓ cup white sugar
- ½ tsp. cinnamon
- 4 cups sliced apples
- ¼ cup sliced almonds (optional)

Cream margarine and sugar together, add vanilla, then flour. Dough will be soft. Press dough into ungreased 9 inch square or round flat pan (spring pan may be used). In large bowl, beat cream cheese until soft, add balance of ingredients for the middle part and continue beating till well mixed. Pour over bottom filling. Peel and slice enough apples to make four cups. Place in bowl, sprinkle with sugar, cinnamon mix (more apples, sugar and cinnamon can be used if you prefer). Place coated apples over cream filling, then almonds. Bake at 450°F for 10 minutes, reduce temperature to 400°F and continue baking for 25 minutes more.

Sandra Sprenger

Main Dishes



Thrifty Ham Casserole

- 1 - 8 oz. pkg. small flat noodles
- 1 small green pepper, chopped
- 2 small onions, chopped
- 1 tbsp. butter
- 1½ - 10 oz. cans mushroom soup
- 1 - 19 oz. can tomatoes, partially drained
- 2 cups leftover ham, cut into 1 inch cubes or 2 cans flaked tuna
- Potato chips, crushed

Preheat oven to 350°F. Cook noodles according to the directions on the package. Saute green pepper and onions in butter. Mix soup, tomatoes, ham, onions and green pepper together. Place half noodles in a two quart casserole and cover with half the soup mixture. Repeat layers. Top with crushed potato chips. Bake for 30 minutes. Yield: 6-8 servings.

Judy Medwyduk
A. Pratt

Oriental Beef

(Casserole)

- 1 tbsp. oil
- 1 lb. (or more) ground beef
- 1 green pepper, sliced
- 2 cups thinly sliced celery
- 3 green onions with tops, chopped
- 1 can cream of celery soup
- 1 can (10 oz.) mushrooms, drained and sliced
- ¼ cup light cream (or milk)
- 1 tbsp. soya sauce
- ¼ tsp. pepper

Brown beef in hot oil. Put in buttered

casserole. Sprinkle in green onions, pepper and celery. Combine soup, mushrooms, cream, soya sauce and pepper. Pour over beef mixture.

Topping:

Combine ½ cup dry bread crumbs, ½ cup slivered almonds and 3-4 tablespoons melted butter. Sprinkle over beef. Bake for 45 minutes in a 375°F oven. Vegetables will be crisp. Serves six.

Eleanor Judt

Waikiki Meatballs

- 1½ lb. ground beef
- ⅔ cup cracker crumbs
- ⅓ cup minced onion
- 1 egg
- 1½ tsp. salt
- ¼ tsp. ginger
- ¼ cup milk

Sauce:

- 2 tbsp. cornstarch
- ½ cup brown sugar
- Syrup of a 14 oz. can of pineapple tidbits
- ¼ cup vinegar (scant)
- ½ tsp. soya sauce
- ⅓ cup chopped green peppers

Mix and shape into meatballs. Broil till brown. Then mix ingredients for sauce. Cook over medium heat, stirring until mixture thickens and boils. Boil and stir for one minute. Add pineapple tidbits and green peppers and pour over meatballs. Heat thoroughly in oven. Serve with rice. Note: Add a little water to the vinegar to make the ¼ cup.

Charlene Mitchler

Chili

Fry:

- 2 large onions
- 1 large stock celery
- 1 lb. hamburger, not too fat
- Salt, pepper and garlic as desired

Add:

- 1 large can tomatoes
- 2 cans kidney beans, drained
- 1 or 2 tbsp. chili powder

Let simmer together in pot for 1½ to 2 hours. The longer it cooks the better the flavor.

Judy Medwyduk

Barbecue Spareribs or Chicken

- ½ cup ketchup
- 1 tbsp. dry mustard
- 1 tsp. chili powder
- Few drops of tobasco sauce
- ½ cup brown sugar
- 1 tsp. salt and pepper to flavor
- 1 cup boiling water

Combine ingredients in bowl. For spareribs bake at 375°F for one hour and then reduce to 325°F for 1½ hours, basting frequently with sauce. For chicken, baste for one hour with sauce.

Joan Berg

Lasagna

- 2-2½ lbs. ground beef
- 1 large onion, chopped fine
- Salt and garlic powder to taste
- 5 or 6 shakes of worcestershire sauce
- Sprinkle of sweet basil
- 1 - 19 oz. can tomatoes
- 1 - 5½ oz. can Heinz pure tomato paste
- 6 or 7 oz. water

Fry ground beef. Add rest of ingredients. Simmer for 1½ to 2 hours. Cook 12 to 14 lasagna noodles, drain and rinse. Beat two eggs, then add 500 grams of cottage cheese. When mixed add two tablespoons of parsley flakes. In a 13x9x2 inch pan layer on bottom: noodles, meat sauce, cottage cheese, strips of mozzarella cheese to cover top. Repeat so you have two layers. Bake in 350°F oven for 30 minutes.

Linda Toker

Head Cheese

- 3 whole chicken legs or 1 whole turkey leg
- 4 pork hocks, washed well or 1 pigs foot, cut in half
- 1 lb. veal
- 1 lb. beef, cubed in 1 inch pieces

Cover with water. Add:

- 1 large onion, chopped
- 4 stalks celery, chopped
- Garlic, crushed (as much as you desire)
- Salt and pepper

Simmer for 4 or 5 hours. Skim skum off the top after first half hour. You can cover the bottom of a large baking dish with your meat, cooked carrots and celery if you want color. Pour liquid over top and let set.

Alice Basillee
Judy Medwyduk

Souvlaki Made Easy

Marinate the following:

- Round steak cut into square inch pieces**
- 2 garlic cloves, crushed**
- ½ cup lemon juice**
- ¼ cup salad oil**
- 1 tsp. oregano**
- Salt and pepper to taste**

Marinate eight hours in the refrigerator. Broil it in oven or barbecue on skewer with mushrooms. Baste it with marinade while broiling.

Joan Berg

Cornish Hens with Orange Sauce

- 4 Cornish hens**
- Curried orange rice stuffing (recipe follows)**
- Orange Sauce (recipe follows)**

Stuff birds with rice mixture, and brush with melted butter. Bake 10 minutes at 400°F. Reduce temperature to 350°F and continue baking 35 minutes. Meanwhile make orange sauce. At the end of 35 minutes, remove birds from oven and pour off all fat from pan. Pour sauce over birds and return to oven. Bake an additional 15 minutes, basting frequently with sauce. Remove birds and keep warm. Place roasting pan on top of stove and bring sauce to a boil. Add drained orange sections and thicken sauce slightly with cornstarch and water mixture. Spoon sauce over each bird and serve.

Curried Orange Rice Stuffing:

- ¼ cup butter**
- 1 medium onion, thinly sliced**
- 2 tsp. curry powder**
- 1 cup uncooked rice**
- 1 cup orange juice**
- 1 cup chicken broth**
- 1 tsp. salt**
- ½ cup raisins**
- 1 bay leaf**

Saute onion in butter till soft and golden but not brown. Stir in curry and rice. Cook two minutes, stirring. Add remaining ingredients. Bring to a boil. Lower heat, cover. Simmer 15-20 minutes, or until liquid is absorbed.

Orange Sauce:

- 2 tbsp. butter**
- ¼ cup chopped green onions, tops only**
- ¼ cup red currant jelly**
- 1 tsp. dry mustard**
- ¾ tsp. salt**
- ½ tsp. leaf tarragon**
- Dash cayenne**
- 1 cup orange juice**
- Rind from one orange, removed with a vegetable peeler, and cut into fine julienne strips**
- 1 can mandarin oranges, drained**

Saute onion in butter till soft but not browned. Stir in jelly, rind, mustard, salt, tarragon and cayenne. Cook until jelly is melted. Stir in orange juice. Bring sauce to a boil.

Karen Lamb

Shrimp Casserole

- 3/4 cup onions
- 1 1/4 cup celery
- 1 or 2 cans mushrooms
- 2 cans shrimp (use canned shrimp, it makes the flavor. You can use 1 can tuna)
- 1 can Chinese dry noodles (Family Fare, in a bag in Chinese foods)
- 1 can mushroom soup
- 1 can bean sprouts
- 1/2 cup milk

Fry onions and celery in margarine or oil till just softened. Drain shrimps, mushrooms and bean sprouts and mix in colander. Put in a large casserole dish in layers - 1/2 onion mix, 1/2 shrimp mix - cover with noodles. You will not use whole bag of noodles. Repeat except noodles. Mix soup and milk, pour over casserole, then put noodles. Bake covered at 350°F for 45 minutes.

J. Medwyduk

Pineapple Chicken

- 1 egg
- 3-4 pieces boneless chicken breasts
- 1/2 cup flour
- 2 cups cooking oil
- 1 tin (14 oz.) pineapple tidbits
- 1 tbsp. ketchup
- 1/2 cup vinegar
- 1/2 cup sugar
- Sesame seeds
- Green onions
- 1 tbsp. cornstarch

Make sweet and sour sauce first, using pineapple tidbits with juice, ketchup, vinegar and sugar. Bring to a boil and simmer until pineapple is clear. Cut chicken into one inch

pieces. Heat oil for deep frying. Mix egg with chicken pieces. Dip into flour and deep fry. Drain. When all chicken is prepared, bring sauce to a boil. Add one tablespoon cornstarch (dissolved in 1/2 cup water) to thicken sauce. Put chicken pieces into sauce, mix well and serve. Garnish with sesame seeds and green onion pieces.

Linda Senft

Chicken and Pasta Italian Style

- 4 chicken drumsticks
- 4 chicken thighs
- 3 tbsp. oil
- Salt and pepper
- 1 med. onion, coarsely chopped
- 1 or 2 cloves garlic, minced
- 1 can (28 oz.) tomatoes or 1 can (19 oz.) tomatoes plus 1 can (7 1/2 oz.) tomato sauce
- 1 tbsp. tomato paste
- 1/4 tsp. each basil, oregano and thyme
- 1 small bay leaf
- 1 green and 1 red pepper, cut in strips
- 1 med. zucchini, sliced

In large frying pan brown chicken in oil, sprinkling with salt and pepper. Drain off most of the fat. Add onion, garlic, tomatoes and paste. Sprinkle with herbs and a little salt and pepper. Cover loosely and simmer about 30 minutes. (Remove lid if necessary to allow sauce to thicken.) Add peppers and zucchini, cover and simmer just until tender. Add a little parsley. Taste and adjust seasoning. Serve over hot pasta (spaghetti, noodles). Pass parmesan to sprinkle on top.

Grace Koshyk

Oven Bar-B-Que Chicken

- 2/3 cup vegetable oil**
- 1/3 cup vinegar**
- 1/2 cup lemon juice**
- 1/8 cup water**
- 2 tsp. salt**
- 2 tsp. soya sauce**
- 1/3 tsp. pepper**
- 1/2 tsp. poultry seasoning**

Mix ingredients and baste chicken often while cooking in the oven.

Joan Berg

Oven Fried Chicken

- 1 cup flour**
- 2 tsp. paprika**
- 1/2 cup butter**
- 2 tsp. salt**
- 1/4 tsp. pepper**
- 1 frying chicken (or chicken pieces)**
- Dash of dark nutmeg**
- Dash of sage**
- Milk**

Heat oven to 400°F. Combine flour and seasonings in plastic bag. Put butter in baking dish and melt. Add chicken pieces to plastic bag and shake to coat well. Put a little milk in a flat dish and dip chicken pieces in it and then return to plastic bag and shake again to coat. Lay chicken pieces in melted butter in a single layer. Bake 45 minutes uncovered, turn and bake 15 minutes more until tender and dark golden brown.

Patti Beck

Bar-B-Que Sauce for Chicken

Cut up chicken as desired and place in roaster. Place a layer of onion slices over all chicken pieces. Prepare sauce and pour over chicken.

- 1 can tomato soup**
- 1 1/2 cans water**
- 2 tbsp. flour**
- 1/4 tsp. cayenne**
- 1 tbsp. brown sugar**
- 1 tbsp. vinegar**
- 1/2 tsp. paprika**

Put above in a pot and bring to a boil. Pour sauce over chicken and onions. Bake 2-3 hours until done.

Sandra Fritz

B.B.Q. Lean Pork

- 2 lbs. boneless pork, preferably butt**
- 2 tbsp. chicken stock**
- 2 tbsp. soya sauce**
- 1 tbsp. brown bean sauce (omit if you don't have)**
- 1 tbsp. Chinese rice wine or pale dry sherry**
- 1 1/2 tbsp. sugar**
- 3/4 tsp. salt**
- 1 tsp. finely chopped garlic**
- 2-3 drops red food coloring**

Cut pork into 1 1/2-2 inch wide strips. Mix rest of ingredients and pour over meat. Let marinade at least six hours in fridge overnight. Cook at 350°F for 45 minutes on broiler pan. Increase heat to 450°F for 15 minutes longer.

Gloria Olson

Seafood Casserole

Fry:

- 1 cup chopped onions
- 1 cup chopped celery
- 3 tbsp. butter
- 1 tsp. salt
- ½ tsp. pepper

White Sauce:

- 5 cups milk
- 1 cup flour
- ½ cup butter
- 1 lb. Velveeta Cheese (little more)

In boiling water cook:

- 1 lb. lobster
- 1 lb. crab
- ¾ lb. shrimp
- 1 lb. scallops

Mix all ingredients together, bake in 350°F oven for 30 minutes. Cover casserole while baking. Serve on egg noodles.

Gloria Olson

Broccoli Casserole

- 4-6 cups broccoli
- 1 large onion
- 1 garlic clove
- 1 can mushroom soup
- 1 can drained mushrooms
- 7 oz. cheese whiz or block cheese

Saute onion and garlic clove. Add can of mushroom soup and can of drained mushrooms. Put vegetables, onion and garlic at bottom of casserole dish. Mix rest of ingredients and pour over top. Bake at 350°F for 45 minutes.

Gloria Olson

Carolans Chicken

- 3 large whole chicken breasts
- Salt and pepper
- ½ cup all-purpose flour
- ¼ cup butter or margarine
- ¼ cup vegetable oil
- ½ lb. fresh mushrooms, sliced
- 1 cup canned chicken broth
- ½ cup Carolans Irish Cream Liqueur
- Hot cooked noodles

Skin and bone chicken breasts. Place each breast between two sheets of wax paper. With flat side of a wooden mallet, pound breast to an even ¼-inch thickness. Sprinkle each breast with some salt and pepper. Then dust both sides of breasts with some flour. Reserve two tablespoons flour for the sauce. In a large skillet over medium heat, melt one tablespoon butter with one tablespoon oil. Saute chicken breasts, a few at a time, until golden brown, adding more butter and oil as needed. Remove breasts to plate as they brown. When all breasts are browned, add mushrooms to skillet. Cook until just tender. Stir in two tablespoons flour until well mixed. Gradually stir in chicken broth. Cook until sauce thickens. Stir in Carolans and heat until sauce bubbles. Taste and add salt if necessary. Arrange chicken over noodles; spoon some sauce on top. Pass remaining sauce separately. Garnish with watercress if desired. Makes six servings.

Barbara Krentz

A few spoonsful of leftover black coffee is the secret ingredient to better tasting brown gravy.

Chicken on Sunday

- 1 pkg. onion soup mix
- 1½ cups rice
- Sage (to taste)
- 4 chicken breasts
- 1 can mushroom soup
- Salt (to taste)
- Pepper (to taste)
- Paprika (to taste)
- 10 oz. water

Sprinkle contents of onion soup mix in the bottom of a casserole dish. Cover onion soup with rice. Sprinkle sage over rice. Place skinned chicken on rice mixture. Sprinkle with salt, pepper and paprika. Spoon mushroom soup over chicken, add 1 can of water to mixture. Cover and bake for 1 hour at 350°F.

Jacqueline M.M. Fritz

Flaming Duck

- 5 lb. duck
- 1 tsp. salt
- Pepper
- 6 carrots, sliced
- 4 onions, sliced
- 6 tbsp. butter
- 2 oranges
- 2 cups water
- 1 cup red currant jelly
- ¼ cup red wine
- 1 cup brandy

Rub cavity with salt and pepper. Put duck on rack and bake 2½-3 hours at 325°F. Saute carrots and onions in butter. Squeeze oranges and save juice. Cut rind into strips. Simmer rind in water for 15 minutes. Strain, reserve both. Keep duck hot on plat-

ter, drain fat from pan. Add carrot and onion mixture, orange juice, water, jelly and wine to pan. Heat and stir. Strain sauce and add orange rind. Pour brandy over duck and some into ladle. Light brandy and flame duck.

Note: Serve with wild and plain rice mixture, and red cabbage.

Pat Jacksteit

Baked Chicken That Makes Its Own Gravy

- 3-3½ lbs. frying chicken pieces
- ¼ cup flour
- ¼ cup melted butter
- ⅔ cup (small can) undiluted evaporated milk
- 10¼ oz. can cream of mushroom soup
- 1 cup grated process cheese
- ½ tsp. salt
- ⅓ tsp. pepper
- 2 cups cooked whole small onions
- ¼ lb. sliced mushrooms
- Dash paprika

Coat chicken with flour. Arrange in single layer with skins down in melted butter in 13x9x2 inch baking dish. Bake uncovered in 425°F oven for 30 minutes. Turn chicken, bake until brown, 15-20 minutes longer. Remove from oven. Reduce temperature to 325°F. Pour off excess fat. Add onions and mushrooms to chicken. Combine milk, soup, cheese, salt and pepper. Pour over chicken. Sprinkle with paprika. Cover with foil. Return to oven and continue baking 15-20 minutes.

Maureen Bochinski

Chicken and Wild Rice

- 3 lbs. Chicken (breasts, legs or thighs)
- 1 pkg. Uncle Ben's long grain and wild rice
- ½ lb. mushrooms
- 2 chicken bouillon cubes
- Water
- ½ cup butter and 2 tbsp. oil for browning

Brown chicken pieces, saute mushrooms. Mix two chicken bouillon cubes with 1½ cups hot water. Place rice in the bottom of casserole. Mix liquid and mushrooms with spices from the rice package. Put chicken on top of the rice and pour liquid over pieces. Bake in covered casserole at 325°F for 30 minutes. Uncover, and bake for another 25 minutes.

Marilyn Siegmund

Barbecued Spareribs

- 1 cup ketchup
- 1 tbsp. worcestershire sauce
- 1 tbsp. vinegar
- 3 tbsp. brown sugar
- 1 cup water
- Spareribs - enough to fill 2 qt. casserole

Combine first five ingredients and simmer 20 minutes. Brown spareribs and place in casserole. Pour simmered sauce over ribs. Cover and cook 1 hour in 300°F oven.

Florence Armstrong

Quick Quiche

- 3 eggs
- 1½ cups milk
- ⅓ cup melted butter or margarine
- ½ cup Bisquick
- ¼ tsp. salt
- 2-3 cups shredded Swiss or marble cheese
- 1 onion, chopped and sauteed
- ½ cup chopped ham or 6 slices crisp bacon in bits
- 1 tbsp. parsley flakes

Mix together cooked meat, onion, cheese and parsley. Set aside. Mix all other ingredients in blender or with mixer. Pour into a greased 9" pie plate or quiche pan. Sprinkle cheese mixture on top and push under gently. Bake at 375°F for 45 minutes. Let stand 10 minutes before cutting.

Dale Aitken

Sausage Rolls

Dough:

- 2 cups sour cream
- 2 eggs, beaten
- 2 tsp. white sugar
- 1 cup melted butter
- 4 cups flour, added last

Mix all ingredients except flour. Add flour one cup at a time. Mixture becomes very stiff. Roll out small amount to ¼ inch thick. Cut into 3 inch circles.

Use Schneider's mini sizzlers (2 pkg.). Completely thaw and cut in half, do not cook. Place in circle. Seal with egg yolk and water and brush with same. Bake at 400°F for 15-20 minutes. Serve with plum sauce.

Gayle Garbolinsky

Fruit Dressing

- 1 loaf white bread
- 1 lb. pitted prunes
- ½ lb. raisins
- 1 cup white sugar
- 1 apple, peeled and chopped
- ¼ tsp. cinnamon
- ¼ tsp. allspice
- ¼ tsp. cloves
- ½ cup butter, melted

Cut bread into cubes. Sprinkle bread cubes with spices and set aside. Boil prunes, raisins, apple and sugar with just enough water to cover till soft and mushy. Pour prune mixture over bread cubes, add melted butter and mix well. Turn into greased casserole dish. Cover and bake in 300°F oven for 30 minutes. Serve with roast turkey. Can be prepared several days ahead and refrigerated before baking. Delicious reheated or cold.

Jean Hunter

Greek Moussaka

Brown 2 lbs. ground beef. Flavour with garlic and a favourite wine and onion. Slice egg plant and zucchini and brush with oil. Salt and broil.

White sauce:

- 6 tbsp. flour
- 6 tbsp. melted butter
- 3 cups milk
- 4 egg yolks

In casserole, add either sliced potatoes or bread crumbs and Romano cheese to bottom. Layer zucchini and egg plant and meat. Add pepper and nutmeg. Top off with white sauce. Bake at 350°F for 35-40 minutes. Serve with rice, vegetable and fried mushrooms.

Aurlie Young

Turkey Squares

- 1 onion, chopped
- 2 tbsp. oil
- 2 cups cooked rice
- 2 cups diced, left over turkey
- ¾ cup gravy
- 2 eggs, well beaten
- 1 tsp. salt
- ½ cup chopped celery
- ½ cup green peas
- ½ - 1 cup grated cheese

Saute onion in oil. Combine with all remaining ingredients except cheese, in a casserole dish. Bake for 40 minutes at 350°F. Top with grated cheese and return to oven for another five minutes or until cheese melts. Serves four.

Linda Senft

Beef Stroganoff

- 1 lb. beef sirloin (cut in ¼ inch strips)
- 1 tbsp. flour
- ½ tsp. salt
- 1 tin sliced mushrooms, drained
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 10½ oz. tin beef broth
- 1 cup sour cream

Coat sirloin strips in flour and salt, brown in skillet in margarine or oil. Remove meat from skillet and add two tablespoons margarine and brown onion and mushrooms. Add three tablespoons flour and blend in slowly. Add tin of beef broth, stirring until thickened. Add browned beef strips and continue cooking another 10 minutes. Reduce heat and simmer. Before serving add 1 cup sour cream, being careful not to let mixture boil. Serve immediately.

Linda Senft

Crunchy Tuna Bake

- 1 cup Miracle Whip
- 1 pkg. Lipton Onion Soup mix
- ½ cup flour
- 2½ cups milk
- 1 cup shredded Swiss cheese
- 1 - 250 g. pkg. spaghetti, cooked and drained
- 1 - 4 oz. can sliced mushrooms, drained
- 1 - 300 g. pkg. frozen broccoli, drained
- 1 cup chopped peanuts
- 2 - 7 oz. cans tuna

Combine Miracle Whip, soup and flour. Gradually add milk. Cook over low heat until thickened. Stir in cheese, then remaining ingredients, reserving half the peanuts. Place mixture in 9x13 inch pan. Top with remaining peanuts. Bake at 350° for 40-45 minutes.

Barbara Krentz

Oven Barbecued Ribs

- 4 lbs. spare ribs, cut into small pieces
- ¾ cup vinegar
- 10 cups boiling water

Cook for 10 minutes and drain.

Mix in large bowl:

- ¾ cup cornstarch
- ¼ cup molasses
- ¼ cup soy sauce

Add ribs and stir to coat evenly. Brown in hot oven.

Sauce:

Combine and slowly bring to boil:

- ½ cup ketchup
- ⅓ cup lemon juice
- ½ cup orange juice
- ¼ cup brown sugar
- ¼ tsp. salt
- Garlic salt to taste
- Onion salt to taste
- 1 tsp. dry mustard
- ¼ tsp. worcestershire sauce
- Pepper to taste
- 1 cup red currant jelly (optional)

Pour over ribs and bake 1-1½ hours at 350°F.

Jean Hunter
(written by Barb Krentz)

Golden Meatball Casserole

- 1 lb. ground beef
- ½ cup soft bread crumbs
- 1 egg
- 1 tsp. salt
- 2 tbsp. margarine
- 2 cups cooked rice
- 1 cup sliced cooked carrots
- ½ lb. Velveeta cheese, cubed
- ½ cup chopped green pepper
- ¼ cup chopped onion
- ½ cup milk

Combine meat, bread crumbs, egg and salt; mix lightly. Shape into meatballs. Brown in margarine. Combine meatballs and remaining ingredients in a shallow 8-cup baking dish. Cover and bake at 350°F for 30-35 minutes. Makes four to six servings.

Barbara Krentz

French Stew Bakes in the Oven

This beef stew from France, rich in wine and mushrooms, is easily managed because it bakes in the oven. Butter-browned potato slices and a green salad enhance it.

Provincial Beef Stew

- 2 tbsp. olive oil or salad oil
- 1½ lbs. boneless lean beef,
cut in ½ by 3 inch strips
- 2 tsp. each sugar and wine vinegar
- ¾ cup each dry red wine and
regular strength beef broth
- 1 tsp. salt
- ½ tsp. pepper
- 1 large onion, thinly sliced
- 1½ lbs. fresh mushrooms, sliced
- 1 tbsp. butter or margarine
- ¼ cup water
- 1 tbsp. cornstarch
- Glazed onions (directions follow)

Heat one tablespoon of oil in frying pan; add beef and cook over medium-high heat, stirring until juices evaporate. Add sugar and vinegar and cook until meat is browned; transfer beef to a 2 quart casserole. Add wine, broth, salt and pepper to pan and bring to boil, scraping up drippings; pour into casserole. Add remaining oil to pan and cook onion slices over medium heat until translucent; stir into casserole and bake, covered in a 375°F oven for 50 minutes.

Meanwhile, saute mushrooms in frying pan with butter, stirring until juices evaporate. Blend water with cornstarch; stir into casserole along with mushrooms. Bake 20 minutes longer, covered. Remove from oven

and garnish with glazed onions. Serves six.

Glazed Onions:

Peel ½ lb. small white onions; make crosswise cut in stem ends. Cook in boiling salted water to cover for 20 minutes or until tender. Drain: add 1 tablespoon butter, heat to glaze onions.

A. Pratt
(Judy Medwyduk)

Hunt's Sauce Lasagne

- 1 lb. ground beef (lean)
- 1 - 14 oz. can Hunt's Tomato
Sauce
- 1 tsp. oregano
- 1 tsp. seasoned salt
- ½ tsp. garlic powder
- ¼ tsp. pepper
- 8 oz. cottage cheese
- 1 tsp. sweet basil
- 8 oz. lasagne noodles (cooked and
drained)
- 12 oz. mozzarella cheese
(shredded)

Cook ground beef in frying pan until it loses its redness. Add tomato sauce, oregano, salt, garlic powder and pepper. Blend well. Combine cottage cheese and basil. In a 10x6 inch baking dish arrange ½ each - lasagne noodles, cottage cheese mixture, mozzarella cheese and meat sauce. Repeat layers. Use mozzarella cheese three times - last on top. Bake at 350°F for 30 minutes. Let stand 10 minutes before cutting. Makes six servings.

Brenda Hardy

Canadian Meat Log

Pastry:

- 1 cup white flour
- ½ cup whole wheat flour
- ⅓ cup shortening
- ⅓ cup margarine
- 3 tbsp. cold water

Mix flour, shortening and margarine until consistency of coarse crumbs. Add water. Shape into a ball. Roll out on plastic wrap. Add more water if it doesn't stick together.

Meat mixture:

- 1 lb. lean ground beef
- 1 egg, beaten
- ⅔ cup chopped onion
- 1 cup bread crumbs
- ½ cup ketchup
- Salt and pepper to taste

Roll out crust and spread meat mixture all over pastry evenly. Roll up jelly roll style by pulling up plastic wrap. Cook on cookie sheet. Bake at 350°F for 1 hour 15 minutes.

Dale Aitken

Porc a la Portugaise

- 1½-2 lb. shoulder pork
- 2 tbsp. flour
- 2 medium onions
- 2 green peppers
- ¼ lb. mushrooms
- 14 oz. canned tomatoes
- 2 oz. cooking oil
- Small bay leaf
- 2 tbsp. sherry
- Salt and pepper

Cube meat and coat with flour and

brown in one tablespoon of the cooking oil. Remove from pan and brown the onion, peppers and mushrooms in the remaining one tablespoon cooking oil. Return meat to the pan with vegetables and add remaining ingredients, mix well. Put into covered casserole in a 425°F oven until boiling. Reduce oven to 350° and simmer 1½-2 hours. Stir occasionally.

Linda Senft

Stuffed Pork Tenderloin

- 2 tenderloins (14 oz. each)
- 2 apples, diced
- 1 cup chopped celery
- ¼ cup chopped onion
- 3 tbsp. butter
- 5 slices bread, cubed
- 1 lb. raisins or diced prunes (optional)
- ⅛ tsp. oregano
- ⅛ tsp. rosemary
- 2 eggs, beaten
- ¼ cup chopped parsley
- ⅓ cup sherry
- 4 slices bacon

Cut tenderloin in half and make deep slits into sides. Saute apples, celery and onion in butter. Add bread, raisins, spices, eggs, parsley, sherry and toss. Stuff loin and wrap with bacon slices. Brown rolls in frying pan and place into baking pan. Bake for 50 minutes at 375°F. Place remaining stuffing in dish and bake with meat.

Pat Jacksteit

Beef Strips in Onion Sauce

- ½ lb. top round of beef
- 2 tbsp. flour
- ¼ tsp. each salt and paprika
- 1 dash pepper
- ¼ cup butter
- 2 large Spanish onions, chopped
- 1 large green pepper, chopped
- 1 clove garlic, minced
- 1½ tbsp. flour
- 10 oz. can beef consomme
- 1 cup water
- 19 oz. can kidney beans, drained

Cut beef into thin strips across the grain. Mix two tablespoons flour, salt, paprika and pepper in a flat dish. Toss meat strips in mixture. Heat two tablespoons butter in a large heavy skillet over high heat. Add beef strips and cook quickly until lightly browned. Lift out with a slotted spoon and reduce heat to medium. Add remaining butter to skillet. Add onion, green pepper and garlic and stir three minutes. Sprinkle 1½ tbsp. flour and stir to blend. Remove from heat and stir in consomme, water, one teaspoon salt, ¼ teaspoon pepper and ½ teaspoon dried leaf savory. Return to heat and bring to a boil, stirring constantly. Add meat strips, reduce heat, cover and simmer about 30 minutes, or until meat is beginning to get tender. Add kidney beans and simmer 15 minutes more. Adjust seasoning, if necessary and serve with hot buttered noodles. Serves four.

Grace Koshyk

Drakes Quiche

Crust:

- 1 cup flour
- Pinch of salt
- Pinch of sugar
- 3 oz. butter
- 2 tbsp. cold water

Combine first four ingredients. Add water. Form into a ball of dough. Roll dough in flour, then roll out until flat and thin. Press into greased quiche pan. Bake in oven 350° for three minutes. Remove and set aside.

Filling:

- 5 eggs
- 2 oz. heavy cream
- 3 cups grated cheddar cheese
- 1 cup grated Mozzarella cheese
- 1 cup grated Swiss cheese
- 2 medium sized onions
- 1 zucchini
- 1 cup mushrooms, thinly sliced
- 2 oz. butter
- 1 tsp. garlic powder
- ¼ tsp. pepper
- 1 tsp. basil
- ¼ cup parsley flakes

Beat eggs and cream together. Add cheese and mix. Fry the sliced onions, zucchini, and mushrooms in butter and garlic. Add fried ingredients, including butter, to cheese mixture. Add last three ingredients and mix together. Pour mixture into quiche crust and sprinkle with parsley, then bake at 350°F for 35 minutes.

Aurlie Young



Turkey Noodle Casserole

- ½ cup chopped onion
- 2 tbsp. margarine
- ¾ cup chicken bouillon
- 1 - 10 oz. can condensed cream of celery soup
- 1 cup grated cheddar cheese
- Salt and pepper
- 3 cups diced cooked turkey
- 2 cups cooked broad noodles
- 1½ cups peas
- ½ cup buttered dry bread crumbs

Saute onion in margarine until transparent. Add bouillon and soup and stir until smooth. Add cheese and stir until melted. Season to taste. Add turkey, noodles and peas. Turn into greased baking dish. Sprinkle with bread crumbs. Bake at 350°F until bubbling (about 30 minutes). Makes six servings.

Grace Koshyk

Bar-B-Q

(Sloppy Joes)

- 1 lb. hamburger
- 1 onion, chopped
- 12-14 oz. ketchup
- 1 tsp. salt
- Dash pepper
- 1 tsp. mustard
- 1 tsp. vinegar
- 2 tbsp. sugar
- 1 tbsp. worcestershire sauce

Brown meat and drain well. Add other ingredients and simmer for 30 minutes. Serve on buns with chips or salads.

Nancy Caldwell

Oven Omelet

- 8 eggs, beaten
- 8 oz. sour cream, beaten
- 4 oz. can mushrooms
- ¼ cup milk
- ½ cup grated cheese
- Salt and pepper to taste
- Grated onion, green pepper
- Choice of meat, precooked sausage, bacon, ham

Mix together above ingredients. Butter 8x8 inch pan. Pour into pan and sprinkle grated cheese on top. Bake at 375°F for 30 minutes until knife comes clean. Can be mixed 24 hours ahead and held in refrigerator. Requires about one hour cooking. Check with knife as above.

Nancy Caldwell

Mexican Lazana

- 2 bags Tortilla chips
- 3 large eggs
- ½ cup cheddar cheese
- 1 cup cottage cheese
- 1½ tbsp. onion
- 1 green pepper, cut up
- ½ tsp. oregano
- ⅓ tsp. cumin
- ½ tsp. salt
- 1 cup sour cream
- 2 cups farmers or Monterey Jack or brick cheese

Crush tortilla chips in bag. Beat eggs by hand. Mix in cottage cheese, sour cream, seasonings. Grate cheese. Place in 9x13 pan in alternate layers of chips, cheese mix and grated cheese. Microwave 12 minutes or 30 minutes in oven.

Pastor Berg

Crab Frittita

- 1 can (7½ oz.) crab meat or 8 oz. fresh or frozen
- 2 tbsp. butter or margarine
- 1 clove garlic, crushed
- ⅔ cup chopped onion
- 1 cup chopped zucchini
- ½ cup sliced mushrooms
- ½ tsp. salt
- ¼ tsp. black pepper
- 3 eggs
- ½ cup nonfat milk
- ½ cup grated parmesan cheese
- Parsley

Drain and slice crab. Melt butter in large skillet. Add garlic, onion, zucchini and mushrooms. Saute until tender. Add salt and pepper. Cook, covered 5-7 minutes. Beat together eggs, milk, and cheese. In buttered 1½ quart shallow casserole or oven proof skillet, combine crab with zucchini and egg mixture. Bake at 350°F for 20 minutes or until firm. Serves six.

Grace Koshyk

Impossible Bacon Quiche

- 12 slices bacon, cooked and crumbled
- 1 cup shredded cheese
- ⅓ cup chopped onion
- 2 cups milk
- 1 cup biscuit mix (Bisquick)
- 4 eggs
- ¼ tsp. salt
- ⅛ tsp. pepper

Preheat oven to 400°F. Lightly grease a 10-inch pie plate. Sprinkle bacon,

cheese and onion in pie plate. Beat eggs, biscuit mix, salt and pepper with electric mixer until smooth. Pour into pie plate. Bake in hot oven (400°F) for 35 minutes or till top is golden brown and knife inserted halfway between centre and outer edge comes out clean. Garnish with tomato slices and bacon strips. (This quiche forms its own crust.)

Carol Maruk

Pork and Mushroom Casserole

- 1 lb. pork tenderloin (cut into ⅓" slices)
- 3 slices bacon, diced
- 1 onion, chopped
- ½ cup fine cracker crumbs
- 1 egg, beaten
- 1 tsp. salt
- ⅛ tsp. pepper
- ¼ cup mushroom liquid
- ½ cup canned mushrooms

Pan fry bacon in skillet until lightly browned. Remove bacon. Brown the onion and mushrooms in the bacon fat. Remove and combine with the bacon. Season the tenderloin slices. Dip each piece in the beaten egg and then in the crumbs. Brown them in remaining bacon fat. Fill a 1 quart casserole with alternate layers of the browned tenderloin slices and the browned bacon, onion and mushroom mixture. Add mushroom liquid. Cover the casserole and bake in 350°F oven for 30 minutes.

Grace Koshyk

Sweet and Sour Spareribs

- 3 lbs. spareribs (cut in 2" pieces)
- ½ cup brown sugar
- 1 cup water
- ½ cup brown vinegar or lemon juice
- ½ to ⅔ cup tomato ketchup
- 1 tbsp. H.P. sauce
- 1 tbsp. cornstarch dissolved in the liquids

Dip spareribs in flour which has been seasoned with salt and pepper. Brown in hot oil. Drain off fat. Combine remaining ingredients and bring to a boil. Transfer spareribs to a baking dish and pour sauce over them. Bake in a 300°F oven for 1 hour. These can also be cooked quite nicely in a slow cooker.

Caroline Mann

Chinese Beef Hash

- 1-1½ lbs. ground beef
- 2 tbsp. salad oil
- 2 onions, chopped fine
- 1 cup chopped celery
- 1 small tin mushroom soup
- 1 small tin cream of chicken soup
- 1½ cups water
- ½ cup rice
- ¼ cup soya sauce
- Pepper to taste

Brown meat in fat until slightly crumbly, add onions, sliced celery, mushroom and chicken soup. Add water and stir in uncooked rice, soya sauce and pepper. Turn into large slightly greased casserole. Bake at 350°F for 1 hour or a little more. Serve with warm buns and a salad.

Verona Schattner

Oven Barbecued Beef

- 3 lb. round steak
- 2 tbsp. oil
- ½ cup chopped onion
- ¾ cup ketchup
- ½ cup vinegar
- ¾ cup water
- 1 tbsp. brown sugar
- 1 tbsp. prepared mustard
- 1 tbsp. worcestershire sauce
- ½ tsp. salt
- ¼ tsp. pepper

Heat oven to 350°F. Cut steak into serving size pieces. Brown meat in oil. Transfer steaks to roasting pan or casserole. Add onions to oil in skillet and brown lightly. Add remaining ingredients to skillet and simmer five minutes to make sauce. Pour sauce over steaks in pan. Cover and bake two hours or till meat is fork tender.

Carol Maruk

Mock Yorkshire

- 1 - 8 oz. can tomato sauce
- 1 onion, finely chopped
- 1 lb. hamburger
- 1¼ cups milk
- 1 cup biscuit mix
- 2 tsp. worcestershire sauce
- Salt and pepper (to taste)
- ¼ tsp. garlic powder
- ¼ tsp. savory
- Add any spices desired

Grease eight inch casserole dish. Pour tomato sauce on bottom of casserole and cover with chopped onion. Mix hamburger with milk. Add remaining ingredients. Spoon on top of onions and tomato sauce and bake at 350°F for 40-50 minutes. To serve - invert on platter.

Carol Maruk

Pasta with Stir-Fry Veggies

- 1 clove garlic
- 1 large or 2 small stalks broccoli
- 1 medium carrot, peeled and sliced thinly on the diagonal
- 1 tbsp. butter
- Pinch nutmeg, salt, pepper
- 1 cup shredded cheddar or mozzarella cheese

Cooked spaghetti to serve four

Peel broccoli stems and slice diagonally. Break flowerets into small pieces. In skillet, melt butter and cook garlic for a few minutes. Discard garlic. Add broccoli and carrot slices and stir-fry till tender crisp. Season to taste with nutmeg, salt, pepper. Toss vegetables gently with cooked and well drained spaghetti. Place in casserole and top with cheese. Heat till cheese is melted and serve with a tossed salad.

Jean Hunter

Stuffed Trout

1 2-3 lb. trout or other white fish

Stuffing:

- 2 tbsp. butter
- ½ cup diced celery
- ¼ cup chopped onion
- 2 tsp. lemon rind, grated
- ½ tsp. salt
- ½ tsp. paprika
- ¼ cup sour cream
- 2½ cups soft bread crumbs

Saute celery and onion in butter till tender. Combine lemon rind, salt, paprika and sour cream. Add bread crumbs and mix well. Add celery and onions and blend. Use to stuff 2-3 lb. fish.

Sprinkle inside of fish lightly with salt. Stuff loosely with stuffing. Fasten opening with skewers or toothpicks and string. Place on greased baking pans and brush with melted butter. Bake at 450°F allowing 10 minutes per inch of stuffed thickness.

Jean Hunter

Pizza

Makes 2 - 12" pizzas.

- 1 tsp. sugar
- 1 cup warm water
- 1 tbsp. yeast
- 1 tbsp. oil
- 1 tsp. salt
- 2½-3 cups flour
- 12-16 oz. mozzarella cheese, shredded
- 6 tbsp. canned spaghetti sauce
- Pepperoni, salami, bacon, mushrooms, tomato, zucchini, ham, pineapple, etc.
- Grated parmesan, optional

Preheat oven to 400°F and prepare cheese and toppings. Grease (do not use oil) pans.

Dissolve sugar in water in a large bowl. Sprinkle yeast over top and let stand in warm place for 10 minutes. Then stir in oil, salt, and 1½ cups flour and beat till smooth. Stir and knead in another 1-1½ cups flour till dough is no longer sticky. Divide dough in half and press and push and pat each half to fit greased pan. Spread each pizza with three tablespoons sauce. Add your favourite toppings. Spread half of cheese evenly over each pizza. Sprinkle with parmesan if desired. Bake at 400°F for 20 minutes.

Jean Hunter

Pizza Casserole

Mix:

- 1 lb. ground beef, browned
- 1 large jar Ragu cooking sauce
- 1 pkg. spaghetti sauce mix
- 2 cups elbow spaghetti, cooked
- 1 lb. mozzarella cheese, grated

Add topping of your choice: onion, mushroom, pepperoni, green pepper. Bake at 350°F for 45 minutes.

Joan Berg

Italian Pizza

A.

- ½ cup lukewarm water
- ½ tsp. sugar
- ½ envelope active dry yeast
- ½ tsp. salt
- 2 tbsp. oil
- ¾ cup flour
- ½ cup flour

B.

- ⅓ cup pizza sauce, tomato paste or spaghetti sauce
- ⅓ cup water
- ½ tsp. salt
- 2 tbsp. oil
- ½ tsp. crushed oregano
- Dash pepper
- Few drops Tabasco Sauce

Last six ingredients optional if using pizza or spaghetti sauce.

C.

- ¼ lb. cheese (mozzarella)
- ¼ lb. sausage or pepperoni, etc.
- 1 tbsp. parmesan cheese
- Mushrooms
- Any other favorite topping

Measure into bowl the water and stir in sugar. Sprinkle with yeast and let stand 10 minutes. Then stir well. Stir in ½ teaspoon salt, 2 tablespoons oil and ¾ cup flour. Beat until smooth. Stir in an additional ½ cup flour. Turn out dough on floured board. Work in flour and knead dough until smooth and elastic. Form dough into a ball. Roll out into circle, about 18 inches in diameter. Place on greased cookie sheet or pizza pan and turn edges up slightly. Put toppings on oven dough - top with parmesan cheese. Bake at 400°F for 20-25 minutes. (This dough requires no rising at any stage.)

Sandra Fritz

Savory Frosted Meat Loaf

- 2 lb. ground beef
- ½ cup Kraft French dressing
- ½ cup dry bread crumbs
- ½ cup chopped onions
- 2 eggs
- 1 tsp. salt
- ¼ tsp. pepper
- 2 cups hot mashed potatoes
- 1 egg, beaten
- ½ cup Miracle Whip salad dressing
- Broiled mushrooms for garnish

Combine beef, French dressing, crumbs, onion, 2 eggs, salt and pepper. Bake 1 hour at 350°F in shallow loaf pan. Turn loaf out onto heat-proof platter of baking sheet. Combine potatoes, beaten egg, Miracle Whip; frost loaf. Broil until lightly browned; garnish with broiled mushrooms. Serves 6.

Jean Hunter

Meatballs in Crock Pot

- 2 lb. lean ground beef**
- 1 cup bread crumbs**
- ½ cup milk**
- 1 egg**
- 1 cup gravy**
- 1 onion**
- 1 tin mushrooms**
- 1 small tin tomato paste**

Combine bread crumbs and milk and let stand for 5 minutes. Mix with ground beef and 1 egg and make into small meatballs and fry in pan. Put cooked meatballs into crockpot and add gravy, mushrooms and uncooked chopped onion on top of meatballs and cook on low heat in crockpot for 8 hours. One hour before it's cooked, add tin of tomato paste and stir and cook for one hour more.

Kathleen Dorland

Pork Stew with Fresh Vegetables

- ½ lb. (250 g.) pork tenderloin**
- 2 tbsp. butter**
- 2 medium onions, cut in eighths**
- 3 carrots, cut in coins**
- 10 oz. can condensed golden mushroom soup**
- 2 cups beef bouillon**
- 1 large clove garlic, crushed**
- ¼ tsp. thyme**
- Fresh ground black pepper**
- 2 stalks celery, coarsely chopped**
- 2 or 3 potatoes, coarsely chopped**

Slice tenderloin into small pieces. Melt butter in heavy saucepan with

tight fitting lid. Add tenderloin and saute over medium high heat until lightly browned on both sides, about five minutes. Meanwhile slice vegetables. As soon as meat is browned, stir in soup, bouillon, onions, carrots, garlic and seasonings. Cover and bring to boil, stirring occasionally. Reduce heat and simmer covered until vegetables are almost tender crisp. Then stir in celery and potatoes and simmer for another 15 minutes.

Grace Koshyk

Spanish Rice and Meatballs

- 4 slices bacon**
- 1 lb. ground beef**
- 1 egg**
- 2 tsp. salt**
- ½ cup soft bread crumbs (1 slice)**
- 1 large onion (chopped)**
- ½ cup celery (chopped)**
- ½ cup green pepper (chopped)**
- 1 tsp. chili powder**
- 1 cup uncooked rice**
- 1 can (1 lb.) tomatoes**
- 1 cup water**

Saute bacon until crisp in a large frying pan. Drain. Mix beef, egg white, bread and 1 teaspoon salt. Shape into balls. Brown meatballs in pan and push to one side. Stir onion, celery, green pepper and chili powder in pan. Saute until vegetables are soft. Stir in rice, tomatoes, water and remaining salt, heat to boiling, stirring lightly to mix. Cover. Simmer, adding more water if necessary - 45 minutes or until rice is tender and liquid is absorbed. Garnish with bacon.

Grace Koshyk

Meatball Vegetable Stew

- 1 tbsp. oil
- 1 medium onion (diced)
- $\frac{3}{4}$ lb. ground beef
- 1 egg
- $\frac{1}{2}$ cups fresh bread crumbs
(3 slices)
- Water, salt, basil
- 3 medium potatoes (cut in bite sized pieces)
- 3 medium carrots, cut in 1" chunks
- 1 - 10 oz. pkg. brussel sprouts
- 1 chicken bouillon cube
- 1 tbsp. flour

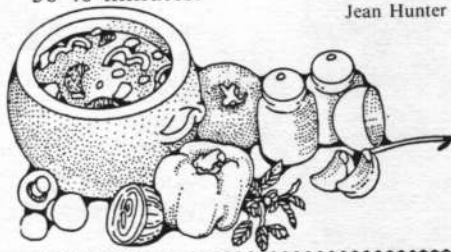
In 12 inch skillet over medium heat, in hot oil, cook onion until tender, stirring occasionally. Remove with slotted spoon to large bowl. Add beef, bread crumbs, egg, $\frac{1}{4}$ cup water, $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon basil. Mix well. Shape into meatballs. In remaining drippings, cook meatballs until browned on all sides. Remove to a plate. In remaining drippings, adding oil if necessary, cook potatoes and carrots until lightly browned, stirring occasionally. Return meatballs to skillet, add brussel sprouts, bouillon, 2 cups water, 1 teaspoon salt, $\frac{1}{4}$ teaspoon basil. Over high heat, heat mixture to boiling. Reduce heat and simmer, covered, for 20 minutes or until vegetables are tender. In cup, stir flour with $\frac{1}{4}$ cup water until smooth. Gradually stir flour mixture into simmering liquid in skillet. Cook over medium heat until mixture thickens. Stir frequently.

Grace Koshyk

- 2 lb. stewing beef, dredged in flour
- 2 tbsp. shortening
- 2 cups canned tomatoes or tomato juice
- 1 cup boiling water
- 2 OXO beef cubes
- 1 tsp. lemon juice
- 1 tsp. worcestershire sauce
- $\frac{1}{8}$ tsp. garlic powder
- 1 onion, sliced
- 2 bay leaves
- 2 tsp. salt
- $\frac{1}{2}$ tsp. pepper
- $\frac{1}{4}$ tsp. paprika
- Dash allspice
- 6-8 medium carrots
- 1 cup frozen peas
- 2 cups diced potatoes

Brown beef and onion in shortening. Add remaining ingredients and simmer covered 2-3 hours stirring occasionally OR cook in pressure cooker 30-40 minutes.

Jean Hunter



I pointed my finger in scorn one day.

At one who had fallen along life's way.

And then as I noticed what did I see,

Three of my fingers were pointing at me.

Teaspoons and Tablespoons

- 1/4 teaspoon - 1.2 millilitres
- 1/2 teaspoon - 2.4 millilitres
- 1 teaspoon - 4.7 millilitres
- 2 teaspoons - 9.4 millilitres
- 1 tablespoon - 14.2 millilitres

Cups

- 1/4 cup (4 T) - 56.8 millilitres
- 1/3 cup (5 1/3 T) - 75.6 millilitres
- 1/2 cup (8 T) - 113.7 millilitres
- 2/3 cup (10 2/3 T) - 151.2 millilitres
- 3/4 cup (12 T) - 170.5 millilitres
- 1 cup (16 T) - 227.3 millilitres

Ounces

- 1 oz. - 28.3 grams
- 2 oz. - 56.7 grams
- 3 oz. - 85 grams.
- 4 oz. (1/4 lb.) - 113.4 grams
- 5 oz. - 141.7 grams
- 6 oz. - 170.1 grams
- 7 oz. - 198.4 grams
- 8 oz (1/2 lb.) - 226.8 grams

Pans

- 8x8" pan - 20x20 cm.
- 9x9" pan - 22x22 cm.
- 9x13" pan - 22x33 cm.

Oven Temperatures

- 275°F - 135°C
- 300°F - 150°C
- 325°F - 163°C
- 350°F - 177°C
- 375°F - 190°C
- 400°F - 205°C
- 425°F - 218°C
- 450°F - 233°C

Canning



Pineapple Zucchini

Peel and seed the zucchini. Put through food chopper enough to make one gallon plus three cups.

Add:

- 1-48 oz. can pineapple juice
- 2-3 oz. pkg. pineapple jello
- 3 cups sugar
- ½ cup lemon juice

Bring to a boil, put in jars to steam and seal or cool. Put in containers to freeze.

Norma Meneer

Homemade Relish

- 6 large cucumbers
- 6 large onions
- 1 green pepper
- 1 sweet red pepper
- ¼ cup course pickling salt
- 3 cups white sugar
- ½ cup flour
- 3 tbsp. dry mustard
- 1½ tsp. tumeric
- 1½ tsp. mustard seed
- 1½ tsp. celery seed
- 3 cups white vinegar
- 1 cup water

Chop vegetables in blender. Sprinkle with salt. Add 2½ cups cold water and let stand 1 hour, then drain well. Mix together sugar, flour, mustard, tumeric, and spices in a large heavy saucepan. Stir in vinegar and water gradually. Add drained vegetables. Bring to a boil, then simmer 1 hour, stirring often. Pack into hot sterilized jars and seal. Makes 5 pints.

Barbara Krentz

Bread and Butter Pickles

- 20 cups thinly sliced cucumbers
- 8 white onions
- ½ cup pickling salt
- 2½ cups water
- 2½ cups vinegar
- 5 cups white sugar
- 1½ tsp. tumeric
- 1 tsp. celery seed
- 2 tbsp. mustard seed

Scrub cucumbers well. Do not pare but slice thinly. Measure. Peel and slice onions thinly. Sprinkle vegetables with the salt. Cover with cracked ice using about 10 cups of ice. Place weighted lid on top and leave for 4 hours. Drain and rinse with ice water. Place in preserving kettle, add vinegar, sugar and spices. Bring to boiling point but DO NOT boil. Place in hot sterile jars and seal at once.

Margaret Maes

Zucchini Jam

- 6 cups zucchini
- 1¾ cups crushed pineapple
- ½ cup lemon juice
- 4 cups sugar
- 6 oz. pkg. apricot jello

Peel and grate zucchini. Bring to a boil and boil for 10 minutes. Remove from heat and add pineapple, lemon juice and sugar. Boil for 10 minutes. Remove from heat and stir in jello powder. Pour into sterile jars and seal.

Caroline Mann

Pickled Banana Peppers

- 2 cups water
- 2 cups vinegar
- 2 cups sugar
- ¼ tsp. oregano
- 1 tbsp. pickling salt
- 1 clove garlic
- ¼ cup cooking oil

Cut and seed peppers. Boil syrup and stir in the peppers. Cook for about 2 minutes (until they change color). Seal in jars. I added cauliflower and carrots to syrup when finished boiling.

Aurlie Young

Kosher Dill Pickles

(no vinegar)

- medium sized cucumbers
- fresh dill (lots)
- 1 clove garlic
- 1 bay leaf
- 1 red pepper
- 1 tsp. mixed spices
- 1 tsp. pickling salt

Scrub garden fresh cucumbers and pack tightly into jars. Place fresh dill at bottom of jars and between cucumber layers. To each quart jar add garlic, bay leaf, red pepper, mixed spices and salt in measurements given above. Fill jars with cold water and seal. Shake well to mix salt. Sit 2 days on counter and 2 days in fridge.

Aurlie Young

Lady Rose Pickles

- 1 qt. onions, cut fine
- 1 qt. cucumbers, cut in cubes (peeled)
- 1 large cauliflower, broken into small pieces

Pour brine over above ingredients (2 tablespoons pickling salt, 1 quart water). Let stand over night, then drain.

Add:

- 3 sweet red peppers, finely cut
- 5 cups vinegar
- 5 cups white sugar
- 2 tbsp. mustard seed

Bring to a boil, add vegetables and boil.

Mix:

- ¾ cup flour
- 4 tsp. dry mustard
- 1 tsp. tumeric
- ¾ cup water

Make a smooth paste and boil 5 minutes. Put all ingredients into a pot, heat until thick, put in sealers and seal.

J. Medwyduk
(E. Shields)

Apricot Jam

- 6 cups grated zucchini
- 6 cups white sugar

Boil 12 - 15 minutes.

Add:

- 6 oz. can crushed pineapple
- ½ cup lemon juice

Boil all together for 6 more minutes. Remove from heat and add 6 oz. apricot jello. Put in hot jars and seal.

Cheryl Gillett

Dill Cucumbers

8 cups water
2 cups vinegar
8 tsp. pickling salt
cucumbers

Place dill and garlic on top and bottom in jar. Pour your hot brine over cucumbers and add $\frac{1}{4}$ tsp. (scant) of cayenne pepper to each quart jar. Seal and place your jars into very hot water until cucumbers turn pale in color.

Charlene Mitchler

Bread and Butter Pickles

4 qts. sliced cucumbers
6 med. sized white onions, sliced
1 green pepper
1 sweet red pepper
3 cloves garlic
 $\frac{1}{3}$ cup pickling salt
3 cups distilled white vinegar
5 cups sugar
1 $\frac{1}{2}$ tsp. tumeric
1 $\frac{1}{2}$ tsp. celery seed
2 tbsp. mustard seed

Select medium size cucumbers. Wash thoroughly but do not peel. Slice thinly. Wash peppers. Remove stem ends and seeds. Cut in thin strips. Combine cucumbers, onions, peppers and garlic in large vessel, sprinkling the salt over each layer. Mix a tray of ice cubes through the pickles and cover with another trayful of ice cubes. Let stand for 3 hours. This ice and salt mixture makes the pickles especially crisp. Drain pickles well.

Divide into two batches for cooking so the pickles will retain more of their color and crispness. Combine vinegar and remainder of ingredients and pour over the drained pickles. Heat only to boiling point. This is all the cooking that is required. Put hot pickles into hot sterilized jars. Seal and store for 1 month before using.

Judy Medwyduk

Kosher Dill Pickles (with vinegar)

40 medium cucumbers (4 lbs.)
1 cup coarse salt
8 cups water
3 cups vinegar
5 cups water
12 cloves garlic, peeled
2 tbsp. mixed pickling spice
4 heads fresh dill
8 small hot red peppers

Wash cucumbers thoroughly. Remove all blossoms. Soak 24 hours covered in a brine of the salt and 8 cups water. Remove cucumbers from brine; drain and pat dry. Mix vinegar with 5 cups water in a large kettle. Tie garlic and pickling spices in a cheesecloth bag; add to mixture. Heat to boiling. Add cucumbers and remove kettle from heat. Place 2 peppers and 1 head dill in each clean, hot quart jar. Pack cucumbers in jars. Put vinegar mixture back on heat; heat to boiling. Remove spice bag. Pour boiling liquid over the cucumbers being certain cucumbers are covered with liquid, but leaving $\frac{1}{2}$ " headspace. Seal and if not eating within a month, process 20 minutes in boiling water bath. Makes 3 to 4 quarts.

Appetizers & Beverages



Poppycock

- 8 cups popped popcorn
- 1 lb. bag of nuts

Syrup:

- ½ cup margarine
- ¼ cup corn syrup
- ⅔ cup white sugar

Bring syrup to boiling point, pour over popcorn and nuts. Mix well to coat.

Marilyn Lawrence

Peanut Brittle

- 2 cups sugar
- 1 cup corn syrup
- 1 cup water
- 3 cups dry roasted peanuts (2 - 9 oz. jars)
- 2 tbsp. margarine
- 2 tsp. vanilla
- 2 tsp. baking soda

Butter a jelly roll pan 15x10x1. Mix sugar, corn syrup, and water in large heavy saucepan. Cover, heat to boiling. Uncover and cook rapidly to 236°F on candy thermometer (teaspoon of syrup dropped in cold water will form soft ball). Stir in nuts slowly, keeping mixture bubbling all the time. Cook rapidly, stirring constantly to 280° (forms hard ball in cold water). Stir in butter, continue cooking to 300° (will separate into threads that are hard and brittle in cold water). Stir in vanilla; sprinkle soda over top quickly. Stir vigorously about 15 seconds or until mixture is puffy. Pour into prepared pan at once, cool completely. Break into bite-size pieces. Store in container with tight fitting lid. It's a good keeper. Great at Christmas time.

Nancy Caldwell

Rocky Road Fudge

- 2 cups semi-sweet chocolate chips
- 1 can sweetened condensed milk
- 2 tbsp. butter or margarine
- 2 tsp. vanilla
- 1 pkg. Kraft miniature marshmallows
- 2 cups baking peanuts

Melt chocolate chips, butter and milk in a large pot. Cool. Add the vanilla, marshmallows and peanuts. Butter 9x13 inch pan, add mixture and let set. Cut into squares.

Grace Koshyk

Candied Orange Peel

- Orange peel, saved from Mandarin oranges, cut in ¼" strips
- Sugar

Place orange peel strips in saucepan and cover with cold water. Bring to a boil, then drain off water. Repeat this process twice. Measure the peel. Combine in saucepan with an equal amount of white sugar. Add water just to cover. Bring to a boil and cook to 230°F or until syrup drips from a fork to form a thin thread about two inches long. Remove peel and drain on rack, separating strips. Allow to cool slightly. Roll in granulated sugar. Store in air-tight container. Fill a candy dish for holiday nibbles or pack in attractive jars for gifts.

Jean Hunter

Microwave Peanut Brittle

- 1 cup sugar
- ½ cup corn syrup
- 1¼ cups salted peanuts
- 1 tsp. butter
- 1 tsp. vanilla
- 1 tsp. baking soda

In 1½ quart glass casserole combine sugar and syrup. Cook 3 minutes on high. Stir in peanuts. Cook 3½-4 minutes on high. Add butter and vanilla, stirring well. Cook 1 minute on high. Add baking soda and stir gently until mixture is light and foamy. Pour onto greased cookie sheet and cool 45 minutes. Break into small pieces and store in airtight container.

Marilyn Lawrence

Cheese Ball

- 2 pkg. (250 gm.) Philadelphia cream cheese
- 1 pkg. (250 gm.) Cracker Barrel cheese, shredded
- 1 tbsp. pimento
- 1 tbsp. green pepper
- 1 tbsp. finely chopped onion (white)
- 1 tsp. lemon juice
- 2 tsp. worcestershire sauce
- Dash cayenne
- Dash salt

Mix all ingredients in order given. Form into a ball and refrigerate.

Barbara Krentz

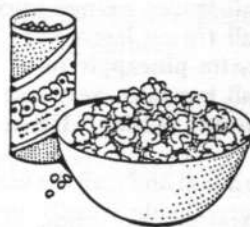
Popcorn - Cracker Jack Style

- 1 cup butter
- 2 cups brown sugar
- ½ cup corn syrup
- ¾ cup raisins
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. vanilla
- 6 qt. hot popped corn
- 1½ cups salted peanuts*

Melt butter in medium size saucepan. Stir in brown sugar, corn syrup, raisins and salt. Bring to a boil, stirring constantly. Boil 15 minutes without stirring. Remove from heat. Stir in baking soda and vanilla. In very large bowl, combine popcorn and nuts. Pour syrup over corn mixture. Turn popped corn into shallow baking pan. Bake for 1 hour at 250°F stirring every 15 minutes. Cool completely. Store in plastic bags.

*Add more peanuts if desired or add nuts of your choice. Tinned mixed nuts are very nice with this recipe.

Carol Maruk



Cake Falls

Cake falls may be caused by using insufficient flour, underbaking, too much sugar, too much fat or not enough baking powder.

Baileys Irish Cream

- 4 eggs, well blended
- 1 tin Borden's milk (14 oz.)
- 12 oz. Amber rum
- 1 or 2 tbsp. Hershey's chocolate syrup
- ½ tsp. vanilla

Blend well; 2 eggs first, then add milk. Store in fridge.

J. Medwyduk

Blueberry Tea

- 1 pot hot tea
- 1½ oz. Grand Marnier
- 1½ oz. Amaretto di Saronno
- sugar

Pour hot tea into sugar rimmed glass tea cups. Add liqueurs and stir. Makes 3 cups.

Marilyn Siegmund

Slush

- 6 cups water
- 4 cups sugar
- 4 small frozen orange juice
- 2 small frozen lemonade
- 48 oz. tin pineapple juice
- 3 small bananas, very ripe
- 6 (750 ml) bottles 7-Up or Sprite

Bring to a boil and cool the water and the sugar. Divide equally into 2 (4 litre) ice cream pails. In each pail put 2 small frozen orange juice, and 1 small frozen lemonade. Put ½ the can of pineapple juice in each pail. Mash the 3 bananas and divide between the pails. Freeze this mixture! To use unthaw to slush stage and add

3 bottles of 7-Up or Sprite to each pail. Entire recipe makes 2 large punch bowls full.

Marlene Herman

Kalua

- 2 cups sugar
- 1 pint water
- 1 vanilla bean

Boil these ingredients for 20 minutes. Remove from heat. Add 4½ tbsp. instant coffee into ½ cup boiling water. Add this to first mixture, then add a 26 oz. bottle of vodka, and remove the vanilla bean.

Barbara Krentz

Amaretto

- 2 cups water
- 2½ cups brown sugar
- 1 tsp. vanilla extract
- 1½ tsp. almond extract
- 6 cups vodka

Bring water and sugar to a boil and remove immediately from stove. Cool. Add extracts and vodka. Mix well and bottle.

Judy Medwyduk

Creme de Menthe

- 1 cup water or white wine
- 2 cups sugar
- 26 oz. vodka
- 1 tbsp. peppermint extract

Heat water or wine and dissolve sugar. Do not boil. Cool and add vodka and peppermint.

Judy Medwyduk

Grand Marnier

- 26 oz. brandy
- 2 cups brown sugar
- 2 thick skinned oranges

Thread oranges with string and hang about 1 inch above brandy and sugar. Do not stir. Swirl once a day for 2 weeks until sugar is dissolved. Use gallon jar and seal tightly. EAT oranges.

Judy Medwyduk

Drambuie

- 1 cup scotch
- ½ cup liquid honey
- ½ cup sugar
- ½ cup dry white wine

Pour scotch in jar. Warm honey to flowing liquid. Heat sugar and wine to dissolve sugar. Do not boil. Pour the two warm mixtures into centre of scotch. Swirl once a day for 2 weeks. Makes 1 pint.

Judy Medwyduk

Gauliana

- 1 cup water
- 2 cups sugar
- 26 oz. vodka
- 2 tsp. pineapple extract
- 3 tsp. vanilla
- 1 tsp. anise
- yellow wine coloring (optional)

Mix water and sugar. Bring to a boil and simmer 5 minutes. Cool. Add remaining ingredients. Store 2 to 3 weeks. Swirl once-a day.

Judy Medwyduk

Tomato Bull

- 1 fresh lemon wedge
- 1 fresh lime wedge
- canned Bloody Mary mix
- hot pepper sauce to taste
- salt, freshly ground pepper to taste
- celery stick garnish

Dip the rim of a tall glass into lemon juice, then into coarse salt. Fill with ice. Squeeze and drop into glass the lemon and lime wedges. Fill with Bloody Mary mix. Add hot pepper sauce, salt and pepper to taste. Garnish with celery stick (with leaves).

Jean Hunter

“Champagne” Cocktail

- 1 scoop crushed ice
- 3 oz. sparkling mineral water
- 1 oz. simple syrup (from bar supply store)
- ½ oz. fresh-squeezed lemon juice
- sash bitters
- lemon twist garnish

In blender, combine ice, water, syrup, juice and bitters. Blend, pour into glass and garnish.

Jean Hunter

Mexican Sunset

- 8 oz. chilled orange juice
- ¾ oz. grenadine

Pour chilled orange juice into 12 oz. glass. Add grenadine. Grenadine should all settle to bottom. May be served over ice.

Jean Hunter

Champ

sugar cube
bitters
ginger ale
orange peel twist garnish

Place sugar cube in champagne glass and saturate with bitters. Fill glass with chilled ginger ale and add a twist of orange peel.

Jean Hunter

Citrus Sidecar

2 oz. fresh orange juice
1 oz. apple juice
1 oz. lemon juice
splash club soda
orange wedge and mint sprig
garnish

Fill glass with ice cubes. Blend juices and soda and pour over ice. Garnish with orange and mint.

Jean Hunter

Tea Fashioned

2 - 3 dashes bitters
sugar cube
splash club soda
1½ oz. strong tea
lemon twist and cherry garnish

Shake bitters onto sugar cube in old-fashioned glass. Add soda and stir to dissolve sugar. Add 2 cubes of ice, lemon peel and cherry. Pour in tea and stir well.

Jean Hunter

Crabapple Juice

3 qts. crabapples
5 qts. boiling water
8 tsp. cream of tartar
3 - 4 cups sugar

Dissolve cream of tartar in boiling water and pour over crabapples. Let stand for 24 hours. Strain liquid and add sugar to liquid. Bring to a boil. Bottle in sterilized jars or bottles.

Jean Hunter



A smile is a curve that sets a lot of things straight.

Beroaks

This is a German, meat-filled bread bun

- 1-1½ lb. ground beef
- 1 small cabbage, shredded
- 2 large onions, chopped fine
- salt and pepper to taste

Fry together until cooked. Let cool.

Air Buns

Mix:

- ½ cup sugar
- 2 tsp. salt
- ½ cup shortening or lard
- 2 tbsp. vinegar

Boil 3½ cups water and pour over the mixture. Let cool. When this is just about cool

Mix:

- ½ cup lukewarm water
- 1 tsp. white sugar
- 1 envelope yeast (let stand 10 min.)
- 8 to 10 cups flour

Add yeast and flour a little at a time. Use an electric mixer if you can. Grease hands to punch down. Let rise for 2 hours, punch down. Let rise 1 hour, punch down. Roll some dough into long thick sausage. Cut about 1½ inch thick to 2 inches. Press with fingers to look like a thick cookie. Put tablespoon of meat mix into centre and pull up edges to close, press. Put on greased cookie sheets; press side up so meat does not fall out. Let them rise for about ½ to 1 hour. Bake at 400°F for 15 minutes. Brush with butter or margarine.

I freeze them. When I heat them, I put cheese whiz in the centre of hot bun.

Judy Medwyduk

Chili Dip

- 1 cup Hellmann's mayonnaise
- 3 tbsp. chili sauce
- 2 tsp. curry powder
- 2 tsp. Worcestershire sauce
- ½ tsp. onion salt
- ½ tsp. seasoned salt

Mix all ingredients together, stir well. Use with all your fresh vegetables, delicious! Store in fridge.

Florence Armstrong

Egg Rolls

- 1 pkg. egg roll skin
- 1 egg
- 2½ cups cooking oil (for deep frying)
- 2 stalks green onions, cut in pieces
- 2 pieces ginger root
- 1 lb. minced pork
- 2 pieces B.B.Q. ham or shrimp (6-8)
- 1 lb. bean sprouts
- 3-4 cabbage leaves
- bamboo shoots

Marinate the minced pork with 1 teaspoon sherry and 1 tablespoon soya sauce and ginger root. Stir fry bean sprouts with 3 - 4 pieces of green onion. Drain. Stir fry shredded cabbage with 3 - 4 pieces of green onion and sliced bamboo shoots. Drain. Stir fry marinated minced pork, add ham or shrimp. Drain well. Combine all stir fried ingredients when cooled and mix well. Use a brush and brush all sides of egg roll skin with beaten egg. Put 1 tablespoon of filling onto egg roll skin. Roll and seal edges. When wrapping is all done, heat oil in wok and deep fry egg rolls. These may be frozen and reheated in 375°F oven for 20 minutes.

Linda Senft

Mushroom Turnovers

- ½ cup flour
- 1-8 oz. Philadelphia cream cheese
- ½ lb. fresh mushrooms, minced
- 1 medium onion, minced
- 1 tsp. salt
- ¼ tsp. thyme
- ¼ cup sour cream
- 2 tbsp. flour
- 1 egg, beaten

Mix ½ cup flour with cream cheese. Form into a ball and refrigerate 1 hour. Brown onions and mushrooms in a small amount of butter. Add salt, thyme, flour and sour cream to frying pan and mix. Cool. Roll dough on lightly floured board and cut into circles. Add a small amount of mushroom filling and seal edge. Brush with egg. Pierce with fork. Bake at 400°F for 12 to 15 minutes. Can be frozen.

Sharon Balasko

Avocado and Seafood

- 2 avocados
- Rose's Lime Cordial
- Seafood - 1½ cups

Sauce:

- ½ cup mayonnaise
- ½ oz. brandy (1 tbsp.)
- 1 tbsp. ketchup

Scoop out avocado shells. Put pieces in lime cordial and soak at least 2-3 hours. Rub shell with lime juice. Drain avocado. Combine with sauce and seafood and serve in shells.

Pat Tyers

Antipasto

- 1 small bottle ketchup (12 oz)
- 1 small bottle chili sauce
- 1-12 oz. bottle sweet pickle relish
- 10 oz. tin sliced mushrooms, drained
- 2-7 oz. tins flaked tuna
- 1 tin shrimp (whole or broken)
- sliced black or green olives
- small white or green onions, sliced

Mix all ingredients together. Makes about 2 quarts, keeps well in refrigerator. Serve with crackers or vegetables.

Linda Senft

Savory Meat Pies

- ½ lb. ground beef
- ½ lb. pork sausage
- 1 cup chopped mushrooms
- ½ cup chopped onion
- 3 pkgs. crescent rolls
- 1 tsp. salt
- 1 tsp. rosemary
- 1 tsp. tarragon
- 1 tsp. thyme
- ⅛ tsp. pepper
- 2 tbsp. brandy
- 10 drops tobasco

Make filling. Fry in 10" skillet; remove cover and refrigerate 30 minutes.

Make 7"x5" rectangles from crescent rolls. Put ¼ cup filling into each. Fold over corners and shape into circles. Brush with beaten egg and bake for 25-30 minutes at 350°F. N.B. May be frozen after baking; reheat and serve at a later date.

Pat Jacksteit

Romano Shrimp-Stuffed Mushrooms

20 large fresh mushrooms
 1-4½ oz. can of shrimp
 1-4 oz. pkg. cream cheese and chives
 ½ tsp. worcestershire sauce
 dash of garlic powder
 dash of hot pepper sauce
 grated Romano cheese

Remove stems from mushrooms (chop and add to stuffing). Simmer mushroom caps in boiling water for two minutes. Drain on paper towel. Cool. Combine shrimp, cream cheese, chopped mushroom stems, worcestershire sauce, garlic and pepper. Spoon shrimp mixture onto mushroom caps. Place on cookie sheet, sprinkle with Romano cheese. Cover and chill from 3 to 24 hours. To serve bake at 400°F from 15 minutes.

M. Lawrence

Deviled Crab Dip

1-6 oz. can crab meat
 2 hard cooked eggs, chopped
 ½ tsp. prepared mustard
 dash of salt and pepper
 1 tbsp. lemon juice
 ½ cup mayonnaise

Drain, bone and flake crab meat. Combine with remaining ingredients. Yield: 1 cup.

Caroline Mann

Avocado Dip

1 large ripe avocado, peeled
 2 tbsp. mayonnaise
 ½ cup sour cream
 1 tbsp. lemon juice
 minced garlic to taste
 salt and pepper

Blend all ingredients and chill. Serve with raw vegetables. (For a variation, you can add ¼ tsp. chili powder and a dash tabasco to the avocado dip.)

Judy Medwyduk

Vegetable Dip

3 cups mayonnaise
 1½ cups sour cream
 ¼ cup parsley (dried or fresh)
 1 tbsp. chives
 3 tbsp. chopped green onions
 2 tbsp. worcestershire sauce
 ½ tsp. curry powder
 ¼ tsp. garlic powder
 ¼ tsp. salt
 ⅛ tsp. pepper

This makes a large recipe!

I. Friesen

Lobster Dip

5 oz. can lobster
 4 oz. pkg. cream cheese, room temp.
 1 tbsp. lemon juice
 ½ cup sour cream
 ½ small clove garlic, crushed
 2 tbsp. finely chopped green onion
 ½ tsp. salt

Blend all ingredients and chill. Serve with crackers or vegetables.

Judy Medwyduk

Curried Raw Vegetable Dip

- 1½ cups mayonnaise
- 3 tbsp. grated onion
- 3 tbsp. honey
- 3 tbsp. ketchup
- 1 tbsp. curry powder
- dash lemon juice

Blend and chill.

Judy Medwyduk

Fruit Salad Dressing

- ¾ cup honey
- 2 tbsp. lemon juice
- 2 tbsp. orange juice
- 1 tbsp. grated lemon rind
- ¼ cup sherry

Combine and heat 5 minutes. Let cool slightly and pour over fresh fruit mixture. Chill. Serve as is or top with honey-sweetened whipped cream.

Judy Medwyduk

Another Fruit Salad Dressing

- 1 egg, well beaten
- ¼ cup honey
- juice of 1 lemon and grated peel
- juice of 1 orange and grated peel
- sour cream

Mix together egg, honey, and juices. Cook until thickened and let cool. Mix in sour cream until the dressing reaches the desired consistency. Pour over mixed fruit and toss gently. I make a fruit tray and use this as a dip.

Judy Medwyduk

Mushroom Crescents

Pastry:

- 3 pkgs. (3 oz) cream cheese
- ½ cup margarine
- 1½ cups flour

Filling:

- 2 tbsp. margarine
- 1 medium onion, chopped
- 1 pkg. (3 oz) cream cheese
- ½ tsp. salt
- 3-4 cups chopped mushrooms
- ¼ tsp. thyme
- ⅛ tsp. pepper

Glaze:

- 1 egg beaten with 1 tsp. water

To prepare pastry, soften cream cheese and margarine at room temperature. Stir flour, cheese and margarine until smooth. Wrap and chill for 30 minutes.

In the meantime, saute onions in margarine until light brown. Add mushrooms and cook over medium heat for 3 minutes. Lower heat and add cream cheese a bit at a time, stirring until melted. Stir in salt, thyme and pepper. Cool.

To form crescents, preheat oven to 450°F. Remove ½ of dough and roll out on lightly floured board to ⅛" thick. Cut into circles approximately 2½". Place ½ teaspoon mushroom filling on each circle. Fold in half and press the edges together with a fork. Make a small slit in the top of the crescent to let steam escape. Brush with glaze. Bake on ungreased baking sheet for 15 minutes. These crescents are freezable for 1 month. To serve, warm in a 300°F oven for 20 minutes.

Yield: 50-60. Approx. 55 calories each.

Caroline Mann

Mushroom Tarts

Pastry:

- 1-8 oz. pkg. cream cheese, softened
- ½ cup butter
- 1½ cups flour

Filling:

- ½ lb. fresh mushrooms
- 1 large onion, finely chopped
- ½ tsp. salt
- 2 tbsp. flour
- ¼ tsp. thyme
- ¼ cup sour cream

Pastry: Cream cheese and butter. Add flour and mix well till soft dough forms. Wrap in wax paper. Refrigerate 1 hour. Roll to ⅛ inch thick, cut in circles and place in tiny tart tins.

Filling: Saute mushrooms and onions in 3 tablespoons butter till tender. Stir in spices and flour. Add sour cream and stir. Fill pastry.

Bake at 425°F for 15 - 20 minutes.

Patty Airken

Individual Quiche Appetizers

unbaked tart shells

- ¾ cup chopped, cooked shrimp
- 4 oz. shredded Swiss cheese
- ½ cup mayonnaise
- 2 eggs
- ⅓ cup milk
- ¼ tsp. salt

Fill shells with shrimp, and cheese. Beat remaining ingredients. Pour over cheese. Bake at 400°F 15-20 minutes or until browned.

Gerry Hansen

Garlic Mushrooms

18 large mushrooms

- 1 cup grated old Cheddar cheese
- 1 tbsp. soft butter
- 1 small garlic clove, crushed

Wash mushrooms well. Remove stems (save them for a casserole dish) and trim under edges of mushroom caps so they will hold plenty of filling. Combine cheese, butter and garlic. Set mushrooms (top side down) on shallow pan and spoon cheese mixture into them. Put in middle of oven and broil until cheese browns lightly and is bubbling (about 3 minutes). Serve hot.

Gerry Hansen

Artichoke Quiche

8 eggs, beaten

- 16 Ritz crackers, crushed
- 4 small jars marinated artichokes
- 1 yellow onion, chopped fine
- 8 oz. shredded cheddar cheese
- salt
- pepper

Drain and save artichoke liquid. Saute onions in the liquid. Beat eggs in medium bowl. Add in all ingredients. Stir. Spray muffin tins or pans with Pam. Pour in batter almost to the top. Bake at 325°F for 30 - 40 minutes. Pour off excess oil from top. Cool for 30 minutes and remove from pans.

Makes 72 small muffin size appetizers or 2 8"x8" pans. Freezes beautifully.

Sharon Balasko

Shrimp Cheese Ball

- 8 oz. cream cheese
- 3 cups grated cheddar cheese (old)
- ¼ tsp. worcestershire sauce
- 3 drops tabasco sauce
- ¼ cup sour cream
- ¼ cup chopped green onion
- 1 can broken shrimp

Mix cheese and sour cream together. Add onion, worcestershire and tabasco. Then add the cheddar cheese and shrimp. Save some shrimp to decorate ball after you make it.

Patti Beck

Pizza Buns

- 24 halves of hamburger buns
- 1 lb. cheddar cheese (med. or mild), shredded
- ½ lb. pepperoni, ground fine
- ½ green pepper, chopped fine
- 3 green onions, chopped fine
- 1 can tomato soup or pizza sauce

Mix all together. Let sit for 2 - 3 hours in fridge so spices mix well. Spread on buns and broil till bubbly.

Eileen Bowen
(Wendy Maes)

Bacon Stix

for microwave

- 10 thin bread sticks, any flavor
- 5 slices bacon, halved lengthwise
- ½ cup grated Parmesan cheese

Bacon Stix can be assembled in advance and stay crisp several hours after microwaving.

Dredge one side of bacon strip in cheese; roll it against bread stick diagonally. Place sticks on baking sheet, dish or paper plate lined with paper towels. Microwave at HIGH 4½ to 6 minutes. Roll again in cheese.

Mrs. Christa Lach

Zwiebelkuchen (Onion Cake)

(Trust me, it's delicious)

Line a 9"x13" cake pan with a basic recipe of a good yeast dough or (I'm lazy) line it with 1 thawed loaf of frozen bread dough rolled to about ½" to ¾" thick. Bring up the sides a bit.

Chop:

- 8 large onions (Crying time!)

Saute them in butter (lots) to cover till tender.

Add the following:

- 16 oz. sour cream
- 4 eggs and 2 yolks
- 3 tsp. salt
- ½ tsp. pepper
- caraway seeds to taste (optional - I can't stand them)

Incorporate well. Pour this over dough. Sprinkle top with ½ lb. chopped, uncooked bacon. Bake at 325°F 30 minutes or until set and crust in golden.

Men have been known to challenge to a duel over the last piece of this at a party!

Marg Hanley

Vegetables



Carrots Lyonnaise

- 1 lb. carrots
- 1 chicken bouillon cube
- ½ cup boiling water
- ¼ cup margarine
- 3 medium onions, sliced
- 1 tbsp. flour
- ¼ tsp. salt
- Dash pepper
- ¾ cup water

Pare carrots and cut in julienne strips. Dissolve bouillon cube in the boiling water. Cook carrots in the bouillon, covered, for 10 minutes. Melt butter, add onions and cook, covered for 15 minutes, stirring occasionally. Stir in next four ingredients and bring to boiling. Add carrots and stock and simmer uncovered for 10 minutes. Add pinch of sugar. Serves 6.

Carol Maruk

*Sweet and Sour
Red Cabbage*

- 1 small or medium red cabbage
- ¾ cup vinegar
- ⅔ cup brown sugar
- 1 tbsp. flour, browned in butter
- 1 small onion, minced or cut fine
- 1 apple, cut fine
- Salt and pepper

Mix all ingredients together, bring to boil, then simmer covered for 30 minutes. Stir and cook uncovered 30 minutes. Delicious with pork roast or chops.

Kathleen Schiewe

Turnips n' Apples

- 1 large turnip
- 1 tbsp. butter
- 2 apples
- ¼ cup brown sugar
- Pinch of cinnamon
- Crust:
 - ⅓ cup flour
 - ⅓ cup brown sugar
 - 2 tbsp. butter

Peel, dice, cook and drain turnip. Mash with butter. Peel and slice apples, toss with brown sugar and cinnamon. Arrange in greased casserole, turnips and apples in alternate layers, beginning and ending with turnips. Combine crust ingredients to a crumbly texture and pat on top of casserole. Bake at 350°F for one hour.

Margaret Richardson

Onion Casserole

- 1 lb. onions, sliced
- ⅛ lb. butter
- Salt and pepper
- ¾ cup bread crumbs
- ¾ cup sour cream
- 2 eggs
- ½ cup grated cheese

Butter casserole and coat sides and bottom using some of the bread crumbs. Saute onions in butter and season with salt and pepper. Place onions in casserole. Mix sour cream with eggs and place on top of onions. Top with grated cheese and the rest of the bread crumbs. Bake at 350°F for 20 minutes.

J. Medwyduk
(A. Pratt)

Spring Vegetable Amandine

Salad oil

1 lb. asparagus (cut into 2" pieces)

1 bunch green onion (cut into 2" pieces)

½ lb. Chinese pea pods

3 carrots, sliced

1½ lbs. small red potatoes (cut into bite sized pieces)

2 tbsp. butter

½ cup slivered almonds

In 12" skillet over medium heat, in 2 tablespoons oil, cook asparagus, green onion, pea pods, carrots and ½ teaspoon salt, until all are tender-crisp, stirring. With slotted spoon, remove vegetables. In skillet, in 2 tablespoons more oil, cook potatoes and ¼ teaspoon salt over medium heat, covered, until browned and tender, turning. In small pan, melt butter, cook almonds until lightly browned. Remove pan from heat. Return all vegetables to skillet, heat through. Stir in almond mixture. Makes 6 accompaniment servings.

Grace Koshyk

Asparagus Casserole

2 tins asparagus tips

1 tin mushroom soup

1 cup frozen peas

4 slices cheese or 1 cup grated cheese

1½ cups bread crumbs

In a 2 quart casserole put a layer of each, asparagus, soup, peas and cheese and top with bread crumbs. Bake ½ hour at 350°F.

Kathleen Dorland

Baked Rice

1 cup long grain uncooked rice

2 cups boiling water

1 envelope onion soup mix

2 tbsp. oil

2 tbsp. soya sauce

Celery

Onion

Mushroom

Green and red peppers

Combine the above ingredients. Pour over rice, stir. Cover casserole, cook at 325°F for approximately 1 hour.

Cheryl Gillett

Company Carrots

Cook about 2½ lbs. carrots whole in salted water and 2 tablespoons sugar until tender. Save 1 cup of the liquid. Cool the carrots and cut in thin strips. Arrange in shallow baking dish.

Mix together well:

¼-½ cup cooking liquid

¾ cup mayonnaise

2 tbsp. minced onion

1½ tbsp. cream horseradish

Salt and pepper to taste

Pour sauce over carrots evenly.

Crumb mixture:

½ to ¾ cup fine cracker crumbs

4 tbsp. butter

Melt butter and mix with crumbs. Sprinkle crumb mixture on top of carrots. Garnish with paprika and parsley. Bake at 375°F for 30-40 minutes.

Margaret Richardson

Potato Casserole

- 10 lbs. potatoes, mashed finely
- 2 cans cream of mushroom soup
- 1 lb. carton creamed cottage cheese
- 1 bunch chopped green onions

Mix slowly. Butter casserole and add mixture. Dot with butter. Sprinkle paprika on top. Bring to room temperature. Bake at 350° for about 30 minutes or until it is heated through. Serves 6-8.

I. Friesen

Hash Browns

(freezes well)

- Grated onion and salt to taste
- 2 lbs. frozen hash browns
- 1 - 500 ml. container sour cream
- 2 tins cream of mushroom soup or cream of celery soup
- 2 cups grated cheddar cheese
- Parmesan cheese

Thaw potatoes slightly for easier mixing. Mix first 6 ingredients in a 9x13 inch baking dish. Sprinkle parmesan cheese on top. Bake at 350°F for 1-1½ hours.

Deanna Croatto

Creamy Scalloped Potatoes

- 4 tbsp. butter
- 4 tbsp. flour
- 2 tsp. salt
- Dash pepper
- 3 cups milk
- 2 lb. potatoes (about 6 medium), peeled and thinly sliced
- 4 tbsp. finely chopped onion
- 2 tsp. butter

Heat oven to 350°F. Melt 4 tablespoons butter over low heat. Stir in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk and heat mixture to boiling, stirring constantly. Layer ½ the sliced potatoes in a greased 2 quart casserole or roaster with all of the chopped onion and half the sauce. Top with rest of potatoes and sauce. Dot top with 2 teaspoons butter. Cover and bake for 30 minutes. Uncover and bake till potatoes are tender - about 35 minutes. Serves 4.

Brenda Hardy

Potatoes Romanoff

- 6 good sized potatoes
- 2 - 10 oz. cartons sour cream
- 1½ cups shredded sharp cheddar cheese
- 1 bunch green onions, chopped
- 1½ tsp. salt
- ¼ tsp. pepper
- Paprika

Cook potatoes in jackets until fork tender. Peel. Shred into large bowl. Stir in sour cream, 1 cup grated cheese, onion, salt and pepper. Turn into buttered 2 quart casserole. Top with remaining cheese, sprinkle with paprika. Cover and refrigerate several hours or overnight. Bake uncovered in 350°F oven about 30-40 minutes or until heated through.

Barbara Krentz
Judy Medwyduk
A. Pratt

Pea and Celery Medley

- 1 - 10 oz. pkg. frozen peas
- 1 - 3 oz. tin sliced mushrooms
- 1 cup (½ inch thick) celery crescents
- 2 tbsp. butter
- ½ cup chicken broth
- ⅛ tsp. pepper

Place block of frozen peas in a 1½ quart casserole dish. Add remaining ingredients. Cover. Bake at 350°F for 1¼ hours. Serves 4.

Grace Koshyk

Sausage-Zucchini Boats

- 4 medium zucchini
- 1 lb. bulk pork sausage
- ½ cup chopped onion
- ½-1 cup grated cheese
- ½ cup fine cracker crumbs
- 1 slightly beaten egg
- ½ tsp. monosodium glutamate
- ¼ tsp. salt
- ¼ tsp. thyme
- Dash garlic salt
- Dash pepper

Cook whole zucchini in boiling, salted water till barely tender, about 10 minutes. Cut in half lengthwise. Scoop squash from shells and mash. Cook sausage and onion, drain off excess fat and stir in mashed zucchini. Reserve 2 tablespoons cheese. Mix in remaining ingredients. Spoon into scooped out zucchini shells. Place in shallow baking dish and sprinkle with cheese, dash with paprika. Bake at 350°F for 25-30 minutes.

Carol Maruk

Asparagus with Walnuts

- 1 lb. asparagus
- 2 tbsp. butter
- ¼ tsp. sugar
- 1 tbsp. dry white wine or white wine vinegar

Dash tarragon, salt, pepper

¼ cup finely chopped walnuts

Remove tough ends from asparagus spears and peel spears with vegetable peeler, beginning about ½ inch below area where tip begins. Cut spears in diagonal pieces about 1½ inches long. Heat butter in skillet, add asparagus and stir-fry until crisp-tender. While cooking, add sugar, wine, tarragon, salt and pepper. Remove to serving dish and toss lightly with walnuts and parsley. Serve hot. Makes 4-6 servings.

Jean Hunter

Deep-Fried Mushrooms

- 1 cup pancake mix
- 1 egg, slightly beaten
- Milk to make fairly thick batter
- ¼ cup seasoned crumb coating mix (regular or barbecue)
- Small mushrooms or halved larger mushrooms

Mix all ingredients except mushrooms to make batter. Heat approximately 1 inch cooking oil in pan to 375°F. Coat mushrooms with batter and drop carefully into oil. Turn when golden on one side, and cook other side till golden. Drain on paper towel and serve hot.

Jean Hunter

Frozen Stuffed Baked Potatoes

- 6 potatoes, baked
- 1 cup cottage cheese
- ¼ tsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. cumin
- ¼ cup chopped onions

In blender, combine cheese, lemon juice, salt and cumin. Add a little milk if desired. Blend till mixture is smooth. Cut potatoes in half lengthwise and scoop centres into a bowl. Mash well. Add cheese mixture and onion. Beat till fluffy. Fill potato shells with mixture. Sprinkle with paprika. Freeze, covered. To serve, heat, uncovered, in a 375°F oven about 40 minutes or till hot. Garnish with bacon bits. Serves 6.

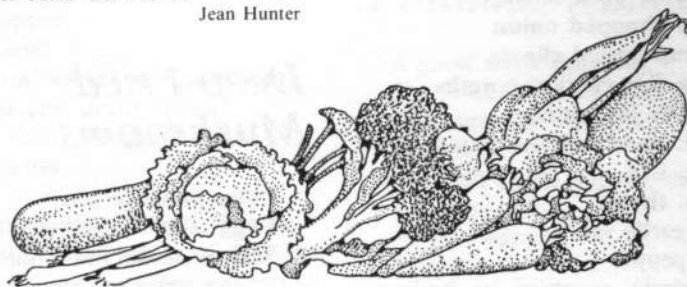
Jean Hunter

Broccoli Casserole

- 4-6 cups broccoli
- Large onion
- Garlic clove
- 1 can mushroom soup
- 1 can mushrooms, drained
- 7 oz. cheese whiz or block cheese

Saute large onion and garlic clove. Add can of mushroom soup and can of drained mushrooms. Put vegetables at bottom and onion and garlic. Mix rest of ingredients and pour over top. Bake at 350°F for 45 minutes.

Gloria Olson



Yesterday is but a dream
 And tomorrow is only a vision
 But today, well lived,
 Makes every yesterday a dream of happiness
 And every tomorrow a vision of hope.
 Look well, therefore, to this day.

Breads



Irish Potato Pancakes

8 oz. mashed potatoes
1 tsp. salt
1 or 2 oz. of butter
Flour and milk

Mix the first 3 ingredients. Add sufficient flour and a little milk to make a stiff dough. Roll out to 1/4 inch thick and cut into 8 pieces. Cook on griddle or hot plate, browning on both sides and prick with a fork. Use for breakfast - fried in bacon fat with bacon and eggs.

Marlene Herman

Cinnamon Buns

2 cups flour
4 tsp. baking powder
4 tbsp. margarine
1 cup milk

Mix flour and baking powder. Cut margarine into flour mixture with pastry blender. Mix milk into the flour mixture. Knead 30 times. Roll out on a lightly floured board into a rectangle. Spread with:

1/4 cup margarine
1/4 cup brown sugar
Cinnamon

Add more of the brown sugar mixture if you like them gooey. Roll into a log and cut in 1/2" slices. Place on a cookie sheet (or 9x13 inch pan) and bake at 450°F for 15 minutes. These are great for morning coffee break.

Margaret Richardson

Dumplings

1 cup flour
1/2 tsp. salt
1 1/2 tsp. baking powder
1/2 tsp. shortening
1 egg, beaten
6 tbsp. milk

Mix flour, salt, baking powder and cut in shortening. Add egg and milk, blend together. Drop by tablespoon on top of stew. Cover tightly. Cook 20 minutes without uncovering.

Barbara Krentz

Onion Cheese Bread

1 tbsp. cooking oil
1/2 finely chopped onion
1 egg
1/2 cup milk
1 1/2 cups biscuit mix
1 cup grated old cheddar cheese
1 tbsp. poppy seeds
2 tbsp. melted butter

Heat oven to 400°F. Grease an 8 inch round layer cake pan. Heat oil in small skillet. Add onion and cook gently 3 minutes, stirring. Beat egg and milk together lightly with a fork. Measure biscuit mix into a bowl. Add 1/2 cup of the cheese and toss together with a fork. Add onion and egg-milk mixture and mix to blend. Spread in prepared pan. Sprinkle with remaining 1/2 cup cheese and poppy seeds and drizzle with melted butter. Bake about 25 minutes or until browned. Cut in wedges and serve hot.

Joan Berg

Zucchini Bread

- 3 eggs
- 1 cup oil
- 2 cups sugar
- 2 cups shredded zucchini
- 1 can (8 1/4 oz.) crushed pineapple, drained
- 1 cup chopped dates (optional)
- 1 cup finely chopped nuts
- 3 cups flour
- 2 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 1 tsp. salt
- 3/4 tsp. nutmeg
- 1/4 tsp. baking powder
- 2 tsp. vanilla

Beat eggs, oil, sugar and vanilla till thick. Stir in remaining ingredients. Mix well. Pour into 2 greased 9x5 inch loaf pans. Bake 1 hour at 350°F.

Pat Jacksteit

Bread Buns

- 2 pkg. yeast
- 1 cup warm water
- 1 cup milk
- 3 eggs
- 6 tbsp. margarine
- 1/2 cup sugar
- 7 cups flour

Dissolve yeast in warm water and 2 teaspoons sugar and let stand 10 minutes. Scald milk, add margarine. Beat eggs and add sugar. Add to hot milk and stir. Then add the yeast mixture and the 2 cups flour and mix well. Then work about 5 more cups of flour and knead. Let rise in warm place in a covered bowl. Grease pans and make into buns and let rise again double the size. Bake at 350°F for 12 minutes.

Kathleen Dorland

Chocolate Banana Nut Muffins

- 2 cups all purpose flour
- 2/3 cup sugar
- 1/3 cup cocoa
- 2 tsp. baking powder
- 1 tsp. salt
- 1 egg, beaten
- 1 cup milk
- 1/3 cup salad oil
- 1 cup mashed ripe bananas
- 1 tsp. vanilla
- 1 cup chopped nuts

Into a large bowl sift flour, cocoa, baking powder, and salt. In a medium bowl combine egg, milk, oil, bananas and vanilla. Add all at once to dry ingredients, stirring just until moistened. Stir in nuts. Divide batter evenly among 12 large paper lined muffin cups. Bake in preheated 425°F oven for 20-25 minutes or until done. Sprinkle with icing sugar. Serve warm with butter.

Patti Beck

Banana Muffins

- 3 large bananas (ripe)
- 3/4 cup white sugar
- 1 egg, slightly beaten
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups flour
- 1/3 cup melted butter

Mash the bananas. Add the sugar and egg. Add melted butter. Add dry ingredients. Bake in 375°F oven for 20 minutes. Grease muffin tins or use muffin cups.

Brenda Hardy

Bran Muffins

- 1 cup All Bran (Kelloggs brand)
- 1 cup boiling water
- 1 cup oil
- 1½ cups white sugar
- 2 eggs
- 2 cups buttermilk
- 2¾ cups flour, plus 2 tbsp. flour
- 3½ tsp. soda
- ½ tsp. salt
- 2 cups bran flakes (Post brand)
- 1 cup raisins
- 1 tsp. nutmeg

Combine All Bran and the boiling water and cool. Cream oil, sugar, beat in eggs. Add buttermilk. Sift flour, soda and salt into creamed mixture. Add bran flakes, raisins and the All Bran. Stir real well. Chill in fridge. Bake for 25 to 30 minutes in 350°F oven. Batter will keep in fridge for 6 weeks.

Laura Lang

Bran Muffins

- 1½ cups oil
- 5 eggs
- 1½ cups brown sugar
- 1½ cups white sugar
- 1½ tsp. vanilla
- 3 tsp. baking soda
- 1½ cups raisins
- 1 quart buttermilk
- 4½ cups bran
- 3 cups flour
- 3 tsp. baking powder
- Pinch of salt

Mix buttermilk with bran. Let stand. Mix oil, eggs, sugar and vanilla. Add flour with baking powder, baking soda and salt. Next add all ingredients together including raisins. Bake at 350°F for 25 minutes.

Shirley Preusentanz

Bran Muffins

(Blueberry Bran Muffins)

- ½ cup shortening or oil
- ½ cup brown sugar
- ¼ cup molasses
- 2 eggs, unbeaten
- 1 cup milk
- 1 cup flour
- 1½ tsp. baking powder
- ¼ tsp. soda
- ¾ tsp. salt
- 1½ cups bran
- ½ cup raisins (blueberries/-saskatoons)

Cream shortening, sugar and molasses. Add eggs and milk. Mix in flour to which soda and baking powder and salt have been added. Mix in bran and raisins. Fill muffin tins about ⅔ full and bake 25-30 minutes at 350°F. This batter can be held in the refrigerator and baked fresh when needed. Stores up to five days.

Nancy Caldwell

Strawberry Blitz

(200 calories)

- ½ cup low fat yogurt
- ⅓ cup water
- 1 cup fresh or frozen unsweetened strawberries
- ½ small banana
- 1 tbsp. wheat germ
- ⅓ tsp. cinnamon
- ¼ tsp. lemon juice

Put together and blend in blender for a few minutes.

Note: you can substitute other fruit for the strawberries.

Angeline Olafson

Grandma's Pancakes

- 1 cup flour
- ½ tsp. salt
- 2 tsp. baking powder
- 2 tbsp. sugar
- 1 cup milk
- 2 tbsp. oil
- 1 egg

Mix and fry in small amount of oil till golden on each side.

Jean Hunter

Cheese Bread

- 1 cup warm water
- 2 tsp. white sugar
- 2 envelopes yeast
- ¾ cup margarine
- ½ cup sugar (scant)
- 1 tsp. salt
- 3 eggs
- 6 to 6½ cups flour
- Old cheese (grated)

Dissolve yeast in warm water and sugar, let stand 10 minutes. Combine milk, margarine, sugar and salt - heat until margarine is melted. Cool to lukewarm. Add above mixture to dissolved yeast. Beat in eggs and 2 cups flour. Stir in gradually, remaining flour. Knead 8-10 minutes. Cover to rise until double. Punch down, divide dough into 3 portions. Roll to make rectangle, cover with grated cheese. Roll up, slice. Cut slices into ½ or ⅓, place in greased loaf pan. Let rise 45 minutes. Bake 20-25 minutes in moderate oven.

Florence Armstrong

Banana Muffins

- 1 cup Miracle Whip or mayonnaise
- 1 cup sugar
- 2 cups flour, scant
- 1 cup mashed ripe bananas
- 1 tsp. soda
- 2 tsp. baking powder

Mix and bake 20 minutes at 350°F.
Pat Tyers

Puffy Apple Pancake

- ¼ cup butter
- ¼ cup brown sugar
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg
- 3 apples, cored, peeled and diced
- ⅓ cup flour
- ½ tsp. baking powder
- Dash salt
- 4 egg yolks
- ⅓ cup milk
- 4 egg whites
- ⅓ cup sugar

Preheat oven to 400°F. Melt butter in pie plate. Combine sugar, cinnamon and nutmeg. Sprinkle evenly over butter. Arrange apple slices over sugar-spice mixture. Cook in oven for 2 minutes. Combine flour, baking powder and salt with egg yolks and milk. Beat egg whites till foamy, gradually adding sugar and beating until soft peaks form. Fold into batter. Pour over apple mixture. Bake 15 to 20 minutes until golden and fluffy. Loosen edges. Invert over a plate. Cut in wedges and serve with bacon, sausage or ham.

Margaret Richardson

Buns

(Fermipan Yeast)

- 3 cups warm water
- 4 tbsp. sugar
- 6 tbsp. oil
- 1 tsp. salt
- 2 tbsp. instant yeast (fermipan)
- 2 eggs
- 7-8 cups flour

Mix 4 cups flour with yeast. Whip eggs, sugar, oil, and water. Add flour/yeast mixture. Mix well. Add remaining flour and salt. Let rise 15 minutes in warm place. Punch down. Let rise another 15 minutes in warm place. Shape into buns and place in greased pans. Let rise one hour. Bake at 350°F for 15-18 minutes.

Barbara Krentz

Jam Dandy Muffins

- 1 $\frac{2}{3}$ cups flour
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ tsp. salt
- 2 tsp. baking powder
- Apricot or peach jam
- $\frac{1}{8}$ tsp. nutmeg
- $\frac{1}{3}$ cup shortening
- $\frac{3}{4}$ cup milk
- 1 egg
- Chopped nuts

Combine flour, sugar, baking powder, salt, nutmeg. Cut in shortening. Rub in flour until fine. Add beaten egg and milk. Mix thoroughly until blended. Spoon in greased muffin cups about $\frac{1}{2}$ inch. Place 1 teaspoon jam and nuts in centre placing more batter on top. Bake at 400°F for 20-25 minutes. Serve warm.

I. Friesen

Brunch Crepes

- 12 crepes (recipe follows)
- $\frac{3}{4}$ lb. lean ground beef
- 1 medium onion, chopped
- 2 tbsp. parmesan cheese
- $\frac{1}{2}$ tsp. ground sage
- 12 thin slices smoked ham
- 12 thin slices mozzarella cheese

Prepare crepes. Brown ground beef and onion. Add parmesan cheese and sage. Place one slice ham and one slice mozzarella cheese on each crepe. Top with about 2 tablespoons meat mixture and roll up. Lay side by side in a greased baking pan. Refrigerate several hours or overnight. Bake uncovered in a 375°F oven for 30 minutes. Serve with a dollop of sour cream and a sprinkle of chopped green onions.

Crepes:

- 1 $\frac{1}{2}$ cups milk
- 1 cup flour
- 2 eggs
- 1 tbsp. oil
- $\frac{1}{4}$ tsp. salt

Combine all ingredients and mix well. Use about $\frac{1}{4}$ cup batter for each crepe. I usually get 14 crepes from this recipe.

Karen Lamb

I use the blue sponge drier sheets in the air registers, after they've been thoroughly used in the drier. They not only keep the air smelling nice, they cut down on the dust, acting like filters.

Salads & Dressings Soups & Sauces



Homemade Chicken Soup and Homemade Noodles

You can use a boiling fowl, I use all the bones from a big roasting chicken. Boil bones with onions, celery (and leaves), salt, pepper, a little garlic powder, parsley and chicken OXO (1 or 2). Let simmer on low for 3 hours or so. At this time I make noodles as they have to dry (recipe to follow). Strain soup mixture. Then put in carrots and chopped celery. Let this cook until carrots are cooked. Add cooked noodles and add fresh parsley.

Egg Noodles

- 2 eggs
- 1½ cups flour
- 1 tbsp. milk
- ⅛ tsp. salt

Mix the ingredients into a smooth, stiff dough. Let rest for ten minutes. Then, on a floured board, roll out as thin as possible. Let dry for a few minutes. Dust with flour. Cut in strips 1½ inches wide. Place on top of each other and cut into fine shreds. Boil for ten minutes in salted water. Then add to soup.

Judy Medwyduk

Bricks dirtied with soot will scrub clean with a solution of three tablespoons trisodium phosphate to a gallon warm water. Rinse well and wear rubber gloves to do this job.

Clam Chowder (Microwave Recipe)

- Salt and pepper to taste
- ¼ cup onion
- 1 large potato, peeled and cubed
- 17 oz. can clams, minced
- 1 tbsp. butter
- 2-3 tbsp. flour
- 10 oz. can Carnation milk
- ½ cup water
- 2 slices bacon, crisp (crumb)

Fry bacon, crumble and put aside. Save bacon drippings and mix with clam liquid. Add potatoes, onion, ½ water and put in casserole dish. Cook covered for 8 minutes or until potatoes are cooked. Stir once or twice. Add 10 oz. milk with flour, mix until smooth. Add crumbled bacon, salt and pepper, and butter. Cook covered until thickened or boil. Let stand 2 minutes. You can add more potatoes and clams if you want it thicker.

Judy Medwyduk

Cole Slaw

- Shredded cabbage (fine)
- Grated carrots
- 2 stalks celery
- 4 green onions

Dressing:

- ¼ cup sugar
- 1 tsp. garlic salt
- ½ cup oil
- ⅛ cup vinegar

Mix together, pour on vegetables. Let stand ½ hour, then add dill weed.

Alice Basillie
Judy Medwyduk

Romaine, Bacon and Mushroom Salad

- 1 large head of Romaine
- 250 g. pkg. bacon, cooked and diced
- 227 g. fresh mushrooms, sliced
- 75 ml. oil
- 50 ml. white wine vinegar
- 15 ml. lemon juice
- 1 clove garlic, crushed
- 15 ml. sugar
- 1 ml. salt
- Cracked black pepper

Wash and chill Romaine. Wipe and slice fresh mushrooms. In a medium bowl combine salad oil, white wine vinegar, lemon juice, garlic, sugar, salt and pepper. Add romaine, bacon, mushrooms and toss until vegetables are well coated with dressing. Serves 8.

Marilyn Lawrence

Pineapple Chiffon Salad

- 1 small pkg. lime jello
- $\frac{3}{4}$ cup boiling water
- 1-8 oz. cottage cheese
- 1 cup crushed pineapple, drained
- $\frac{1}{4}$ cup chopped nuts
- $\frac{1}{2}$ pint whipped cream

Dissolve jello in boiling water, chill until it begins to set. Add the cottage cheese and the crushed pineapple and nuts, stir well. Fold in the whipped cream. Chill several hours.

Linda Senft

Cucumbers in Sour Cream Sauce

- 1 large cucumber, peeled and thinly sliced
- 2 ml. salt
- 125 ml. commercial sour cream
- 10 ml. vinegar
- 2 ml. sugar
- 10 ml. minced onion
- 2 ml. dillweed

Place cucumber slices in a bowl: sprinkle with salt and cover with cold water. Refrigerate 30 minutes: drain well. Combine sour cream, vinegar, sugar, onion, dillweed and a dash of cayenne. Add cucumber slices to sour cream mixture and toss. Chill at least 1 hour before serving. May be doubled or tripled.

Marilyn Lawrence

Hamburger Soup

- $1\frac{1}{2}$ lbs. ground beef
- 1 medium onion, chopped fine
- 1-28 oz. can tomatoes
- 2 cups water
- 3 cans consomme
- 1 can tomato soup
- 4 carrots, chopped
- 1 bay leaf
- 3 sticks celery, chopped
- parsley
- $\frac{1}{2}$ tsp. thyme
- pepper to taste
- 8 tbsps. barley

Brown meat and onions. Drain well. Combine all ingredients in large pot. Simmer covered at least 2 hours or all day. This soup is excellent and freezes very well.

Darlene Wittenberg

Orange-Onion Salad

- 3 oranges
- 1 large Spanish onion
- lettuce
- parsley sprigs
- dressing (recipe follows)

Peel and slice oranges. Peel and slice onion very thin and separate slices into rings. Alternate slices of orange and onion rings on lettuce for each serving. Garnish plates with parsley and pass the dressing.

Sweet and Sour Dressing:

- ½ cup salad oil
- 2 tbsp. white vinegar
- 2 tbsp. lemon juice
- 2 tbsp. sugar
- ½ tsp. salt
- ½ tsp. celery seed
- ½ tsp. grated onion
- ¼ tsp. dry mustard
- ¼ tsp. paprika

Combine all ingredients in a small jar with a tight lid and shake until well blended. Makes about ¾ cup.

Aurlie Young

Diet Salad Dressing

- 1 - 10 oz. can tomato soup
- ¾ cup mineral oil
- ¾ cup vinegar
- ½ cup white sugar
- 1 tsp. salt
- ½ tsp. garlic salt
- ½ tsp. onion salt
- ¼ tsp. paprika

Mix in quart jar and shake well.

Laura Lang

French Onion Soup

for microwave

- 3 med. yellow onions
- 4 tbsp. firm butter or margarine
- 2 tsp. all-purpose flour
- 6 cups regular-strength beef broth or 6 beef bouillon
- 6 cups water
- ⅓ cup dry white wine
- garlic powder
- 6 to 8 slices crusty French bread (each ½" thick) toasted and buttered
- 1 cup (4 oz) shredded Swiss cheese

Place onions in a 3 quart casserole or soup tureen. Cut butter into pieces and distribute over onions. Cover with a lid or wax paper. Microwave on HIGH (100%) for 15 minutes, stirring every 5 minutes. Stir in 2 tps. flour and microwave, uncovered, on HIGH (100%) for one minute. Add broth and wine. (At this point you may cover and refrigerate until next day if not planning to use it right away). Microwave, covered, on HIGH (100%) for 8 minutes (15 to 18 minutes if refrigerated), stirring every 4 minutes. To serve, lightly sprinkle garlic powder on hot buttered toast. Place one toast slice in each soup bowl; ladle soup over toast. Cover toast generously with cheese. Place 2 or 3 bowls at a time in microwave. Microwave, uncovered, on HIGH (100%) for 1½ to 2 minutes or until cheese is melted. Makes 6 to 8 servings.

Mrs. Christa Lach



Beef Barley Soup

- 8 cups beef broth, homemade, canned or Oxo cubes
- 1 lb. cooked beef, cubed
- 1 large potato, unpeeled, coarsely chopped
- 1 large onion, coarsely chopped
- 3 medium carrots, coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 cup green beans, trimmed and coarsely chopped
- 1 cup dry red wine
- $\frac{1}{3}$ cup barley
- 1 tsp. pepper, or to taste
- 1 bay leaf
- 2 tbsp. butter, room temperature
- 2 tbsp. flour
- seasoned salt to taste

Bring broth to boil in large pot. Add beef, vegetables, $\frac{3}{4}$ cup wine, barley, pepper and bay leaf and boil until vegetables are cooked through. Blend remaining $\frac{1}{4}$ cup wine, butter, and flour. Gradually add flour mixture to soup stirring constantly. Simmer until soup is slightly thickened.

Karen Lamb

Fruit Salad

- 1 large dish cream whip or whipped cream (1 qt)
- 1 can crushed pineapple or chunks, drained
- 1 cup cottage cheese
- 1 cup orange sections, drained
- 1 box orange jello, dry

Sprinkle jello over cream, mix, add fruit and blend. Any fruit or jello can be used.

Cheryl Gillett

Asparagus Spring Salad

- 1 pkg. lime jello
- $\frac{1}{2}$ cup boiling water
- 1 tin asparagus soup
- $\frac{1}{2}$ cup salad dressing
- 1 tbsp. vinegar
- 1 tsp. grated onion
- $\frac{1}{2}$ cup unpeeled cucumber, shredded
- $\frac{1}{4}$ cup diced celery
- dash pepper
- 1 tbsp. parsley

Mix jello with water, add soup and heat. Beat until smooth. Add dressing, vinegar and vegetables. Pour into oiled mould and chill.

Aurlie Young

Pineapple Carrot Mold

Drain 1-20 fl. oz. can Libby's crushed pineapple, add enough water to pineapple to make $1\frac{1}{2}$ cups. Heat to a boil. Add 1 pkg. lemon flavored gelatin, stirring until dissolved.

Add:

- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ tsp. salt
- 2 tbsp. lemon juice

Chill until slightly thickened. Add pineapple and 1 cup finely grated carrots. Whip $\frac{1}{2}$ pint whipping cream stiff, fold into gelatin. Pour into 8" ring mould. Chill until firm. (For easy unmolding make salad ahead of time so it will be thoroughly set.)

Shirley Aitken

Shrimp Sauce

- 1/3 cup brown sugar
- 1/2 cup ketchup
- 2 tbsp. cornstarch
- 1/3 cup vinegar
- 1/3 cup water
- approx. 1 tbsp. lemon juice

Cook and stir until thick. Add lemon juice. Serve hot on rice. Also can be used as dip for your shrimp.

Florence Armstrong

Sweet and Sour Sauce

- 1/2 cup brown sugar
- 1/4 cup ketchup
- 1/4 cup vinegar
- 1 cup water

Bring to boil and put cornstarch in to thicken, adding hot water until of proper consistency.

Norma Meneer

Unsalted Hot Mustard

- 2 cups brown sugar
- 2 cups vinegar
- 1 cup dry mustard
- 6 eggs

Beat eggs. Add mustard to sugar. Combine ingredients in top of double boiler and stir till thickened.

Norma Meneer

Country Vegetable Soup

for microwave

- 2 tbsp. butter/margarine
- 2 bunches green onions (incl. tops), thinly sliced
- 1 small onion, sliced
- 1 cup chopped celery
- 1 large carrot, shredded (to equal 1 cup)
- 1 med. turnip, peeled and cubed (use 1/2 turnip if winter turnip as they can be quite strong)
- 1 large potato, peeled and cubed
- 2 cans (14 oz. each) chicken broth
- 1/4 tsp. marjoram leaves
- salt and pepper

Place butter in a 3 quart casserole or soup tureen. Microwave uncovered, on HIGH (100%) for 30 seconds. Stir in green onions, onions, celery and carrot. Cover with a lid or plastic wrap. Microwave on HIGH (100%) for 10 minutes, stirring after 5 minutes. Mix in turnip, potato, and 1/4 cup of broth. Microwave, covered on HIGH for 12 minutes (stirring every 4 minutes) or until potato is fork-tender. Add remaining broth and marjoram. In a blender or food processor, whirl mixture, a portion at a time until pureed. Transfer to a tureen or serving bowl. (I don't puree my soup and it's good). Season with salt and pepper. Microwave, covered on HIGH for 5 minutes, to heat. Makes 4 to 6 servings.

Mrs. Christa Lach

Kind words are short to speak but their echo is endless.

Concorde Salad

- 1 can (lb.) French style green beans
- 1 can (lb.) tiny peas
- 4 stalks celery, chopped (2 cups)
- ½ cup chopped green pepper
- 1 can (4 oz) pimentos, diced
- 1 med. onion, sliced in rings
- ½ cup sugar
- ¾ cup cider vinegar
- 2 med. tomatoes, chopped
- ½ cup vegetable oil
- 1 tsp. salt

Drain beans and peas and combine with celery, green pepper, pimento, onion and tomatoes in a large bowl. Stir sugar, vinegar, oil and salt together in a 2-cup measure until sugar is dissolved. Pour mixture over vegetables, stir gently. Refrigerate 24 hours. Drain liquid off 30 minutes before serving. Makes about 8 servings.

Terry Carlson

Jellied Salad

- 1 pkg. lemon jello
- 1 cup canned pineapple juice
- 1 cup boiling water
- 1 cup crushed pineapple, drained
- 1 tbsp. vinegar
- 1 cup grated raw carrots
- 8 stuffed olives, sliced
- ½ cup chopped celery

Dissolve jello in boiling water, add juice and vinegar. Chill until slightly thick, add balance of ingredients. Chill in individual molds. Serve on lettuce leaves with favorite dressing.

Kathleen Dorland

Raw Vegetable Salad

- 1 - 2 heads cauliflower
- 1 bunch broccoli with stems
- 1 bunch green onions, chopped
- 2 cans button mushrooms
- 1 - 2 baskets cherry tomatoes
- 3 - 4 carrots, cut in strips
- 2 - 3 stalks celery
- 1-8 oz. bottle Italian dressing
- pitted black olives, drained

Cut in bite size pieces, put in double plastic bag in ice cream pail. Pour dressing over to cover all vegetables. Marinate in fridge for 24 hours, shaking frequently.

Shirley Aitken

Caesar Salad

In small jar combine:

- ½ cup vegetable oil (or olive oil)
- 1½ tsp. worcestershire sauce
- ¾ tsp. salt
- ½ clove garlic, crushed
- ½ clove garlic, to wipe bowl
- ¼ tsp. dry mustard
- pepper to taste
- 2 tbsp. lemon juice
- 1 raw egg yolk

Before serving, shake extremely well. Wipe bowl with garlic. Tear up 2 heads of Romaine lettuce or a mixture of lettuces. Pour half of dressing over. Sprinkle with grated Parmesan cheese. Toss well. Add remainder of dressing, toss again. Add buttered croutons and serve quickly. (Anchovies may be added).

Eleanor Judt

Chinese Salad

- 1½ cups cooked rice
- ½ tbsp. sliced green onion
- 1 cup diced celery
- ½ cup mayonnaise
- ½ tsp. salt
- ½ cup chopped radishes
- ½ cup chopped green pepper
- ½ cup chopped almonds, toasted
- 2 tsp. lemon juice
- pepper to taste
- Accent

Combine rice and vegetables about 1 hour before serving (even a day before). Combine mayonnaise, lemon juice, salt, pepper and Accent. Mix well and add to vegetables. Mix lightly. Chill. Serve on crisp salad greens.

Eleanor Judt

Pineapple Salad

Dissolve:

- 3 oz. lemon jello in 1 cup boiling water

Add:

- ¾ cup pineapple juice
- 1 tbsp. lemon juice

Chill until slightly thick.

Fold in:

- 1¼ cups crushed pineapple, drained
- 1 cup sharp Cracker Barrel Cheese, shredded
- 1 cup heavy cream whipped

Pour into mold until set.

Eleanor Judt

Taco Salad

- 1 head lettuce
- 2-3 med. tomatoes
- 1 lb. hamburger, sauted and cooled to room temp.
- ½ lb. grated cheese, cheddar or Monterey Jack
- 1 can red kidney beans, drained
- 1 8 oz. bottle Thousand Island Dressing
- 1 large bag taco chips

Tear lettuce in small pieces and dice tomatoes. Add cooled meat, grated cheese and kidney beans. Add the dressing and crushed taco chips just before serving. Chips will get soggy if salad sits too long.

Margaret Richardson

Taco Salad

- ½ lb. ground beef, fried and crumbled (can use taco seasoning pkg. for more flavor)
- ½ head lettuce, torn in pieces
- 1 tomato, chopped
- 1 cup shredded cheddar cheese
- ½ med. onion, chopped
- ¼ cup green pepper, chopped
- 1 avocado, chopped in chunks (optional)
- 1 can drained pitted black or green olives
- 1 small pkg. fritos or tortilla chips
- 1 bottle Catalina dressing
- any other vegetable you may like

Toss ingredients together in a large bowl just before serving. This prevents sogginess. Adjust proportions to your own taste as with salad dressing. Serve with french bread, rolls and a cold drink.

Nancy Caldwell

Fresh Spinach Salad

- 1 garlic clove, halved
- 2 tbsp. vinegar
- 1 tsp. dry mustard
- 6 tbsp. salad oil
- 1 tsp. sugar
- 1 tsp. salt
- ½ tsp. seasoned pepper
- 8 cups spinach
- 8 slices bacon
- 3 hard boiled eggs, grated
- 2-3 green onions, finely chopped
- sliced fresh mushrooms
- sliced fresh cauliflowerrets

Mix the first 7 ingredients and refrigerate. Prepare remaining ingredients and add dressing just before serving.

Nancy Caldwell

Pink Salad

- 1-8 oz. Philadelphia cream cheese
- 1-8 oz. jar maraschino cherries
- 1 pkg. unflavored Knox gelatin, dissolved in ½ cup water
- 1 cup crushed pineapple
- ½ pkg. mini marshmallows
- 1 pint whipping cream

Mix cream cheese with cherry juice until well mixed. Add dissolved gelatin, cut up cherries, pineapple and marshmallows. Fold in whipped cream. Set in fridge for a few hours before serving.

Note: Drain some or most of the pineapple juice off.

Charlene Mitchler

Lettuce Salad

- ¼ -½ cup chopped celery
- ¼ -½ cup green pepper
- ¼ -½ cup spanish onion (or green)
- 1-10 oz. pkg. frozen peas, cooked and drained
- ¾ pt. Hellman's mayonnaise
- 2 tbsp. sugar, sprinkled over dressing
- 4-6 oz. cheddar cheese, shredded
- 8 strips of bacon, crumbled

Fill a large salad bowl half full of shredded lettuce. Add above in layers. Refrigerate and cover for 8 hours.

Nancy Caldwell

Cream of Potato Soup

- 2 cups finely diced raw potatoes
- 2 medium minced onions
- 2 stalks celery
- 2½ cups boiling water
- 4 tbsp. margarine
- 3½ tbsp. flour
- 1¾ tsp. salt
- ½ tsp. pepper
- 2 cups scalded milk
- 1 tbsp. minced parsley

Cook potatoes, onions, celery in boiling water until very tender. Meanwhile, melt margarine in a double boiler, add flour and stir until smooth, then add seasonings and milk. Cook, stirring, until smooth and thick. Put potato mixture in blender (liquid and all). Add sauce with parsley. Heat and serve. Serves 6.

Kathleen Dorland

The Little Things

It's the little things in life that count,
The things of every day;
Just the simple things that we can do,
The kind words we can say.

The little things like a friendly smile,
For those who may be sad,
The clasp of a hand or kindly deed,
To help make someone glad.

A knock on the door of lonely homes,
Or flowers bright and gay.
For someone whom you might bring cheer,
With just a small bouquet.

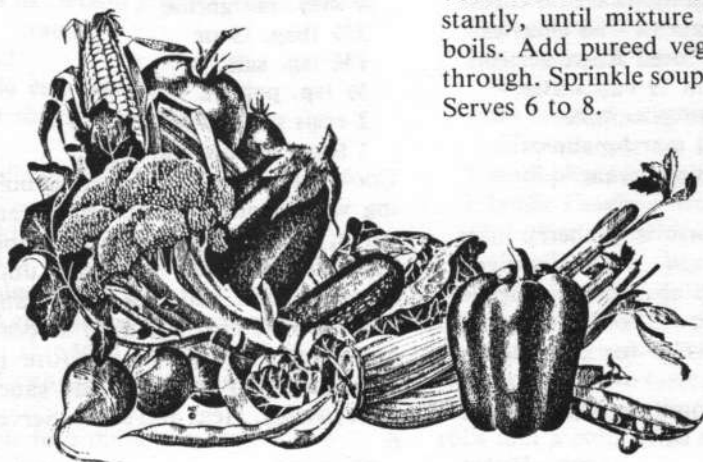
Just the little greetings here and there,
On which so much depends.
The little pleasures that all can share,
The joy of making friends.

Fresh Cauliflower Soup

- 1 med. head cauliflower
- 2 med. onions, peeled and quartered
- 4 ribs celery, cut in 3" pieces
- 3 cups water
- 4 tbsp. butter or margarine
- 3 tbsp. flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. mace
- 3 cups milk
- 3 chicken flavoured bouillon cubes
- 2 tbsp. chopped fresh parsley

Wash cauliflower thoroughly. Break into small pieces, put in saucepan. Add onions, celery and water. Simmer 20 minutes or until vegetables are tender. Remove from water with slotted spoon, reserve water. Put vegetables in food processor, electric blender or food mill, process until smooth. In large saucepan, melt butter on medium heat, stir in flour and seasonings. Cook 1 minute. Blend in milk and reserved water. Add bouillon cubes. Cook, stirring constantly, until mixture thickens and boils. Add pureed vegetables, heat through. Sprinkle soup with parsley. Serves 6 to 8.

Eleanor Judd



Extra
Special



Mom's Favourite Cookies

- 1 cup soft butter
- 3 cups brown sugar, packed
- 2 eggs
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup coconut
- 2 cups quick-cooking rolled oats

Beat together butter, sugar, eggs and vanilla till fluffy. Stir together flour, baking powder, soda and salt. Add to butter mixture and blend well. Stir in coconut and rolled oats. Drop by teaspoonsful 3" apart onto greased cookie sheets and flatten with a fork which has been dipped in cold water. Bake at 375°F for 10 minutes or till nicely browned and set. Cool until firm. Lift off onto cooling racks. Makes about 3 dozen large cookies.

Jean Hunter

Monster Cookies

- 1 cup margarine
- 2 cups brown sugar
- 2 cups white sugar
- 4 tsp. baking soda
- 9 cups oatmeal
- 12 oz. chocolate chips
- 6 eggs
- 1½ tsp. vanilla
- 3 cups peanut butter

Mix all ingredients together. Bake 12 minutes at 350°F.

Shirley Preusentanz

Oatmeal Drop Cookies

- 3 cups oatmeal
- 3 cups flour
- 2 cups brown sugar
- 1 cup raisins
- 1 cup melted shortening
- 2 eggs, beaten
- 1 tsp. cinnamon
- 1 tsp. soda, dissolved in
½ cup sour milk

Mix dry ingredients, add melted shortening, beaten eggs and milk in which soda has been dissolved. Add raisins. Roll into balls size of walnuts, press down with fork. Bake in 375°F oven till nicely browned.

Laura Lang

Oatmeal Cookies

- ½ cup shortening
- ½ cup brown sugar
- ½ tsp. baking soda
- 2 tbsp. boiling water
- 1 cup flour
- 1 cup Quick cooking oats
- ¼ tsp. salt
- 1 tsp. vanilla

Cream shortening and gradually cream in brown sugar, then beat until mixture is light and fluffy. Dissolve baking soda in boiling water and add to creamed mixture, blending well. Mix oats, flour and salt and blend into creamed mixture. Add vanilla. Roll into balls and place on greased cookie sheet. Press flat with tines of fork. Bake in moderate oven about 10 minutes.

Sandra Aitken

Yo Yo Cookies

- 3/4 cup vegetable oil
- 1 3/4 cups brown sugar
- 2 eggs
- 2 cups flour
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1 tsp. baking soda
- 2 tbsp. warm water

Drop by spoonful on cookie sheet and bake 10 minutes in 375°F oven. When baked, match cookies size-wise and stick together with grape jelly or any other jam or jelly you have.

Anne Pratt
Judy Medwyduk

Orange Almond Cookies

- 1 cup margarine
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 egg
- 2 tbsp. orange juice
- 3 cups flour
- 1/2 tsp. salt
- 1/2 tsp. soda
- 1 tbsp. grated orange rind
- 1/2 cup almonds, chopped

Cream margarine and sugar, add beaten egg, add 2 cups flour, salt, soda and orange juice. The remaining flour mix with almonds and add orange rind. Roll in rolls and put in wax paper and chill in fridge for 3 hours. Grease pan and slice cookies and bake at 400°F for 10 minutes.

Kathleen Dorland

Forest Ranger Cookies

- 2 cups margarine
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. baking powder
- dash of salt
- 1/2 cup wheat germ
- 2 cups rolled oats
- 2 cups coconut
- 2 cups Rice Krispies

Cream margarine with white and brown sugar. Add beaten eggs and vanilla. Add remaining ingredients. Roll dough into walnut sized balls and press flat with a fork. Bake in greased cookie sheet at 350°F for 15 minutes.

Angeline Tober

Coconut Crisp Cookies

- 1 cup butter
- 1 1/2 cups brown sugar
- 1 egg
- 1 1/4 cups rolled oats
- 1 cup coconut
- 1 1/2 cups flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1/4 tsp. soda
- 2 tsp. coconut flavoring

Mix in order given, roll into balls, press lightly with a fork. Bake in 350°F oven until brown.

Charlene Mitchler

Norwegian Macaroons

- 1 cup butter
- 2 cups brown sugar
- 2 eggs
- 1½ cups rolled oats
- 1½ cups (fine) coconut
- 1½ cups flour
- ½ tsp. vanilla
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt

Mix in order given. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 350°F till done.

Raisin Drop Cookies

- 2 cups raisins
- 1 cup water
- 1 tsp. baking soda
- 1 cup shortening
- 1 cup white sugar
- 1 cup brown sugar
- 3 well beaten eggs
- 3½ cups flour
- ½ tsp. salt
- 1 tsp. baking powder
- ¼ tsp. nutmeg
- 1 tsp. cinnamon
- 1 tsp. vanilla

Boil briskly the 2 cups of raisins in 1 cup of water for 5 minutes. Stir in 1 tsp. baking soda and let cool. Cream shortening and sugar and eggs. Add dry ingredients and vanilla. Add cooled raisin mixture last. Drop teaspoonsful on greased cookie sheet. Bake at 350°F for 15 minutes.

Brenda Hardy
Carol Maruk

Ice Box Cookies

- 1 cup butter
- 2 eggs
- 2 cups brown sugar
- 2 tsp. vanilla
- 3½ cups flour
- ½ tsp. salt
- 1 tsp. soda
- 1 cup washed and cut up raisins

Mix and knead well. Form into 3 long rolls about 2-3 inch thickness. Place on a floured piece of wax paper placed on a board. Put into freezer to freeze overnight. Next day, cut into cookie slices. Place on a greased cookie sheet and bake at 350°F till brown.

Charlene Mitchler

Ginger Cookies

- ¾ cup margarine
- 1 cup sugar
- 1 egg, slightly beaten
- ¼ cup molasses
- 2 cups flour
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1 tsp. sugar

Cream the margarine and sugar. Beat in egg and molasses. Sift flour with soda and spices and mix with wet ingredients. Chill dough. Shape in balls 1 inch in diameter. Roll in sugar and place on oiled cookie sheet. Bake at 350°F for 15 minutes.

Sandra Aitken

Date Rice Krispie Balls

- 1 cup chopped dates
- 1 cup white sugar
- 1 cup margarine
- 1 egg
- 2 cups Rice Krispies
- ½ cup walnuts, grind or crush
- 1 tsp. vanilla

Cook dates, sugar, butter, egg and vanilla for 10 minutes. Add Rice Krispies and nuts. Roll into small balls and then roll balls in icing sugar and shredded coconut. Makes 3 dozen.

Shirley Aitken

Raggedy Ann's

- 3 cups oatmeal
- 1 cup coconut
- ½ cup cocoa
- 2 cups white sugar
- ½ cup margarine or butter
- ½ cup milk

Combine oatmeal, coconut and cocoa in bowl. In saucepan bring to a boil sugar, butter, milk. Pour boiled mixture over oatmeal mixture and stir well. Drop by teaspoonsful onto waxed paper and chill for 1 hour before serving. Store in fridge or freezer.

Shari Hunter

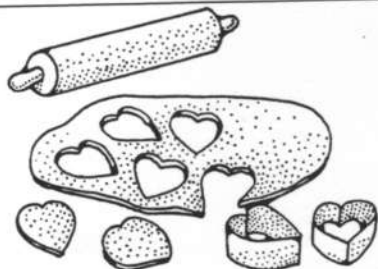
Jumbo Raisin Cookies

- 4 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. allspice
- 1 tsp. salt
- 1 cup water
- 2 cups seedless raisins
- 1 cup shortening
- 2 cups sugar
- 3 eggs
- 1 tsp. vanilla

Boil raisins about 5 minutes. Sift dry ingredients. Cream shortening; add sugar and blend well. Add eggs one at a time, beating well. Alternately add vanilla, raisins and dry ingredients and blend well. Drop by teaspoon on greased cookie sheet. Bake in moderate oven about 15 minutes. Yield: 5 dozen. One cup chopped nuts may be added to this recipe.

Sandra Aitken

Clean oven racks the easy way. Put them in a plastic trash bag with two paper towels soaked in ammonia. Tie the bag tightly and set it in the sun. Wait a couple hours. The racks will wash clean in a quick sudsing.



Gobble-Them-Up Cookies

- 1 cup white sugar
- 1 cup brown sugar
- 1 cup margarine
- 1 cup oil
- 1 egg
- 1 tbsp. and 1 tsp. milk
- 1 tsp. vanilla
- 3½ cups flour
- 1 tsp. cream of tartar
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup rolled oats
- 1 cup. Special K, crushed
- 1 cup flaked coconut, fine
- ½ cup nuts, crushed pecans

Cream together sugar, margarine, oil, egg, milk and vanilla. Sift together flour, cream of tartar, baking soda and salt. Add remaining ingredients. Drop by teaspoons on greased cookie sheet. Flatten each cookie. (Use fork to flatten cookies - thin.) Bake at 350°F for 12-15 minutes. Store in refrigerator to keep crisp.

Brenda Hardy

Jumbo Raisin Cookies

- 4 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. allspice
- 1 tsp. salt
- 1 cup water
- 2 cups seedless raisins
- 1 cup shortening
- 2 cups sugar
- 3 eggs
- 1 tsp. vanilla

Boil raisins about five minutes. Sift dry ingredients. Cream shortening; add sugar and blend well. Add eggs one at a time, beating well. Alternately add vanilla, raisins and dry ingredients and blend well. Drop by teaspoonful on greased cookie sheet. Bake in moderate oven about 15 minutes. Yield: 5 dozen. One cup chopped nuts may be added to this recipe.

Sandra Aitken